

Serving the communities of Albany, El Cerrito and Kensington

The Journal

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35¢



Acupuncture — focusing in on healing while feeling no pain

Mark Koehler/Journal

Acupuncture option offers holistic medical alternative

Painless visit
restores writer;
costs less, too

By Reed Malcolm
The Journal

EL CERRITO — Acupuncture had always been one of those mysterious things I was curious to try. I had heard countless stories of its success with all sorts of ailments and even had a few relatives who had success with it, but I never had a reason to check it out for myself. Not that is, until a year ago when I began experiencing extremely painful cramps in my abdominal area.

I had the feeling that the cramps were due more to stress than some sort of illness, simply because of the often predictable times they'd start to flare up: when I'd read a book or newspaper, watch TV, drive a car or anything that allowed me to sit and ponder over the countless things that needed to get done.

Having lived across the street from the American Acupuncture Center in Berkeley for two years, I figured now was the time to find out first-hand if acupuncture was all it was cracked up to be.

There's an old Chinese proverb: "To truly know the man you must first understand his memories." This is the main philosophy of acupuncture.

The acupuncturist who would treat me was from El Cerrito. Her name was Pat Lollis and she used the first visit for an extensive two-hour examination, asking me not only of my medical history, diet and life style, but also about my childhood, places I had lived, relationships past and present, mood swings and jobs.

Even though I came mainly for my cramps, Lollis also took note of the diabetes I had had since my teens and medication I had been on for slightly high blood pressure, seeing all as inter-related.

She then proceeded to place about a half-dozen stainless steel needles everywhere from my feet and hands to my forehead. The insertion was entirely painless. All I could

feel, if anything, was a small tingling sensation around the tip of the needles as they were left in for 15 or 20 minutes.

Besides the needling, Lollis ordered me to stop all caffeine, dairy products and alcohol and gave me two different Chinese herbs in capsule form to be taken three times a day. I walked out of the office feeling extremely relaxed and energized. Compared with the average 10 minute doctor's appointment, the treatment was extensive and well worth the low cost.

The results, while not immediate, were nonetheless astounding. At first the cramps began to slowly dissipate and within a couple of treatments were 90 percent gone. My blood pressure dropped from 150 over 80 to 117 over 70, pro-

See NEEDLE, page 8

To each his own

Albany resists recycling plan

By Teri DeLoache
The Journal

ALBANY — City Council members withheld, at least temporarily, support for two amendments to county waste management plans that would establish funding for planning and developing recycling programs in other Alameda County cities.

Concerned that Albany will be penalized for having an existing

"Albany, Livermore, Fremont, Union City and Newark developed programs out of their own pockets. It's no great mystery how to start a recycling program," McManus said he is not against giving Oakland money for materials to start a recycling program.

Fellow Councilmember Thelma Rubin who sits on the Alameda County Waste Management Au-

'Those cities that have basically dug into their own pockets to start recycling programs would subsidize those who haven't'

—Ed McManus

recycling program, the City Council decided to send a letter opposing some parts of the Alameda County Recycling Initiative Charter Amendment.

If approved by voters in the June 1990 election, the amendment will add a \$6 per ton surcharge on garbage dumped at the Altamont Landfill near Livermore. For two years, 60 percent of the money collected will be divided on a per capita basis to cities without existing recycling programs.

"Those cities that have basically dug into their own pockets to start recycling programs (would) subsidize those who haven't," Councilmember Ed McManus, a member of the council recycling subcommittee said. "I think it takes a lot of gall," he added.

McManus pointed out that, if passed, Albany will pay between \$32,000 and \$35,000 in extra dumping fees those first two years receiving little, if any, in return.

In a separate but related move, council members also voted to take a closer look at Oakland Mayor Lionel Wilson's request for support for his proposed amendment to waste disposal agreements with Contra Costa County and San Francisco. Wilson wants some of the money collected from those county's to go toward planning and implementing recycling programs.

"The mayor wants \$280,000 to plan the recycling program in Oakland," McManus said.

thority and the council subcommittee said she was concerned that money being earmarked for planning new programs may take away from other waste management programs. "The committee has to sit down and think about it and examine the implications," she said.

Assistant City Administrator Daren Fields, who staffs the council subcommittee, said Albany was a recycling pioneer in Alameda County. Starting in Jan. 1989 with a \$65,000 grant for materials from the Waste Management Authority, Fields said 55 percent of single family residents participate weekly in the recycling program placing glass, cans and newspapers in five gallon buckets to be picked up at curbside with the regular garbage.

The city plans to expand the program to include multiple units and commercial users soon, Fields said. If the Recycling Initiative Charter Amendment passes, it will be forced to expand in order to receive money from recycling funds.

The ballot measure also prohibits incineration of solid waste within the county and sets a 50 percent recycling goal of "all solid waste generated within the county" by the year 2000.

Fields said currently most curbside recycling programs average between five and seven percent of total garbage. Albany currently recycles eight percent of its total garbage.

Volunteer quilters lend comfort AIDS children

Expanding quilters network donates skills to give tangible comfort to suffering children

By Dawn Frasier
The Journal

When Deanna Davis drove on Monday to the New Pieces quilt shop on Solano Ave., the doorway was blocked.

Davis, though, was thrilled. The entire outside entry was filled with donations for the Children's Quilt Project: odd scraps of fabric and finished tops ready to be stitched into comforters for babies and children with AIDS. During the afternoon, almost 100 people dropped by the shop to work on quilts for children. Some came because they had been involved with the project before.

Others were new volunteers responding to an announcement in the week's Journal.

Velma Grasso, an Albany resident for 16 years, has volunteered for worthwhile projects since her husband's death. For eight years, she has worked with Albany's Quilt Center. Last Sunday,

though, Grasso volunteered for the quilt project. "It's an important cause," she said simply.

Marjorie Hoffman spent time handstitching a red polka-dot binding on a baby-sized quilt. An Albany resident for over 30 years,

people in the United States who are HIV positive," she said. "The numbers are unworkable."

Determined to find a way to help, she discovered the Children's Quilt Project, started by Diane Dehler, a concerned Berkeley resident. Dehler's ef-

spearheaded the monthly workdays at New Pieces.

Owner Carlberg Jones, who often uses the store for community service activities, allows the project to use the site as a drop-off point for donations of fabric, batting and quilt tops.

The quilt project has caused Davis to think more about AIDS. "You think a lot about it," she said. "You start reading newspaper articles and watching TV." Looking behind the statistics, she said, is heartbreaking.

A recent survey of California mothers and newborn babies indicated that one mother in 1,344 is infected with HIV, the AIDS virus, and has given it to her children. Some studies show 90 to 95 percent of HIV positive children will develop AIDS. Crack babies and homeless children are also quilt recipients.

The National Association for Perinatal Research and Education estimates that 375,000 crack-

'When you leave here today you'll know that six babies will be surrounded by love'

—B.J. Welden

Hoffman is a semi-retired microbiologist for the State Health Department where some of her work involves AIDS research.

Deanna Davis, organizer of the event, has been concerned for some time about the threat AIDS poses to children.

"We talk about 1.5 million

forts to provide AIDS-inflicted children with personal, handmade quilts have multiplied many times since she organized the project in 1988.

Davis has been an active volunteer, recruiting others and encouraging them to become involved. She has home "workdays" with her friends and



V. Goldberg photo

Velma Grasso (left), Marjorie Hoffman and Ramona Crowell join forces to produce quilts for infant AIDS victims

addicted infants are born in the United States each year.

"They're scary numbers," Davis said.

The project volunteers want to

provide these children with something that will make their lives a little more comfortable. Some wear their quilts like Bat-

See QUILT, page 8

Tickets and Twinkies sell together at local lottery game outlets

GATHER 'ROUND me, everybody. Gather 'round me while I preach some. The topic will be sin and that's what I'm agin'.

Wondering how Lotto does in Albany, wondering if our town is infested with the impoverished compulsive gamblers you read so much about, wondering if we had any big winners or any winners at all, I checked with Lotto ticket sellers this week. Michael's Liquors, Super Stop, Liquor Barn and the Arco Mini Mart sell tickets in Albany.

When I assembled the scraps of paper that pass for notes, I discovered that they all told me exactly the same things about their experience with Lotto sales: A few well-heeled people buy \$100 worth of tickets a week with no apparent anxiety. Their biggest winners since the lottery started in 1986 have been two or three \$3000 or \$4000 winners. (Certainly when there is a \$50 million winner in Albany you'll read it first in *The Journal*.)

"Let me put it this way: you have Lotto, you sell more junk food," said one store manager. It's good for business. Ticket sales double and triple as the pot grows. The seller gets five percent of all sales plus one-half of one percent of the 5-out-of-6 and 6-out-of-6 winnings.

As for how popular Lotto is in Albany compared with everywhere else, don't ask. Sellers are close-mouthed about ticket sale volume. The number in the local phone book for the California information office was disconnected when I called.

THE NAME OF THE GAME is odds. The chance one Lotto ticket, or "play slip" in gambler's parlance, will win big is 1 in 14,000,000. In a statistician's playbook, those odds are the same as buying no ticket. Winners represent 0.000008 percent of everybody playing, including the ones whose prize is just another lottery ticket.

The selling of this tax dodge in 1986 was underwritten mainly by the Bally Company who manufactures gambling paraphernalia, slot machines and lottery tickets, with aw-shucks TV commercials picturing red autumn leaves in the country and merry children on school buses. By law 50 percent of the gross income goes to players, 16 percent to administration and 34 percent to kindergarten through two years of community college based on daily average attendance in each school district.

Albany schools received \$40 per student to start and currently get \$165. Projected receipts for this year are \$466,920, a small portion of the total budget, according to school officials — but not so small that the level of education in Albany doesn't already depend on it.



By Phyllis Lyon

Let's spend the whole two or three billion dollars bet in California every year to teach people how to read and write again. Let's eliminate the middle men — Bally, the giant bureaucracy gambling has created, which spends \$57 million a year on advertising alone. Who needs a government that runs numbers? Leave that to the Mafia.

To legislators, their eyes ever on re-election, gambling is a political free ride. Who me? they say, it wasn't my idea. And with gambling, they say, the state gets 100 percent compliance, no tax dodgers or shelterers. Is that a joke, or what? The state lottery director, keeping his own rump covered, says it's not gambling, it's entertainment. I say it's spinach.

I LOST MY PIE chart but I recall that 20 to 30 percent of the money the city of Albany lives on are gambling-gotten gains from the race track. What does that contribute to the much-touted quality of life in Albany? It clogs the streets, burdens the police and lends a seedy ambience to our main street, San Pablo Avenue. The race track land is designated a city, water-oriented (?) recreational area, but when was the last time you or I went up to the window and put down \$2 to improve the breed?

Our town has new committees — a committee to study glitzing up San Pablo Avenue, a committee to study sprucing up Solano Avenue — to match our upscale houses. There's no use to glitz and spruce and talk about preserving Albany's alleged quaint, small-town character while the city depends on the race track for its survival. Surely it's no longer heresy in Albany to suggest that there must be a better way to run a town.

Gambling gathers around itself the tacky and tawdry. But it's not the sin. The sin is the egregious greed gambling fosters, the greed that nowadays makes us eager to shove individual responsibility for solving public problems off onto poor dreamers who see 1 in 14,000,000 as good odds. Never give a sucker an even break.

Amen, brothers and sisters. Go forth and sin no more.

MEMENTO MORI (Bette Davis): "I'd let you kiss me, but I just washed my hair."



I give up — what's in it?

Magician Richard Steele is about to produce magic stew for James Rhodes. The culinary surprise is part of a magic show sponsored by the Albany Recreation and Community Services Department at the School recently.

Police Report

Compiled by Christina

Albany sleepers find bedrooms confining

ALBANY — The following is a partial account of crimes and incidents occurring recently, according to police records.

Business burglaries

● Oct. 3 the driver of a blue Oldsmobile pulled into the Shell station, pumped gas, then left without paying.

● Two men entered the AM-PM Mini Mart Oct. 4, took beer, potato chips and fruit drinks and fled outside to a black VW Rabbit driven by a third suspect. They were not caught.

Residential burglaries

Someone entered a home on the 1500 block of Sonoma Sept. 29 and stole jewelry, an electronic keyboard, color television and foreign currency, among other things.

● Sept. 30 a family on the 700 block of Pierce Street retired for the evening and, while they slept, a prowler entered their home through an unlocked sliding glass door and locked the latch hooks

to all the bedrooms. The intruder was scared away, however, when a family member tried his door.

● Nearly \$1,200 worth of property was stolen from a home on the 900 block of Cornell Oct. 3.

Thefts

A Spokane Avenue boy was riding a friend's bike, worth \$150, Sept. 29 when he was approached by an older fellow who ordered him off the bike and rode away on it.

● Suspects were witnessed removing hubcaps from a vehicle on Ordway Street Oct. 1. Loss: \$150.

Arrests

● A San Francisco man, stopped for a minor vehicle violation Sept. 30, was arrested for having several warrants issued by another department. Bail was set at \$2,000.

● An officer observed a Cornell Avenue man acting suspiciously Oct. 1. He was found to have warrants for speeding and was

placed under arrest.

● A San Pablo man in violation of jaywalking law in another was arrested during a traffic stop Oct. 2.

● A Richmond man was arrested for having passed out in his car in front of a San Pablo restaurant Oct. 2. He was arrested for being drunk in public.

Malicious mischief

● Someone used a pry bar to lock a VW GTI on the 1000 block of Cornell Sept. 30. Not taken but \$350 in damage done to the car.

● A window of a home on the 1000 block of Masonic Avenue was broken with a blunt object Sept. 30.

● Juveniles are suspected of breaking of a Solano Avenue duce store window Sept. 30.

● Sept. 2 a San Anselmo man parked her Honda on the block of Pierce Street and was arrested to find the windshield

Security efforts foil legions of shoplifters

EL CERRITO — The following is a partial account of crimes and incidents occurring recently, according to police records.

Business burglaries

● Police recovered more than \$423 worth of merchandise from at least 10 men, women and children who attempted to steal items from Safeway, Emporium-Capwell, Food Bowl and Lucky's between Sept. 28 and Oct. 2.

● Someone threw a rock through a window of Seidell's Chevron station Sept. 30 and took \$200 from a locked file cabinet.

Residential burglary

● A home on the 8600 block of Arbor Drive was entered through an open garage door Sept. 30. Bikes worth \$570 were taken.

Thefts

● Sept. 28 a man returned to his home on the 6700 block of Hagen Blvd. and scared away two men he found in his Toyota pickup attempting to remove his stereo.

● A Richmond youth being

booked for petty theft Sept. 28 was found to be in possession of stolen credit cards.

● Two men forced a resident of the Freeway Motel to lie face down in his room Sept. 28. While they held him at gunpoint, they took \$300 from his pocket.

● A \$500 stereo was removed from a VW Rabbit pushed from a residence on the 8500 block of Buckingham Drive Sept. 29.

● A woman's wallet containing \$15 in cash was taken from on top of her briefcase while she shopped at Capwell's Sept. 30.

● Two men forcibly took a woman's purse in the Plaza parking lot Sept. 30. They fled in a yellow Ford sedan.

● A license plate was taken from a car on the 10600 block of San Pablo Avenue Sept. 10.

● A \$500 stereo was taken from a VW Golf on the 500 block of Richmond Street Sept. 30.

● Sixty dollars worth of floor mats and a mailbox were stolen from a home on the 1200 block of

King Drive Oct. 1.

● A \$15 doormat was stolen from the front porch on the block of Bonnie Drive Oct. 2.

● Oct. 2 a Hayward man reported her purse and \$400 stolen from her locked car parked at Golden Gate Lane.

● A \$75 mailbox was stolen from the 1000 block of Drive Oct. 2.

● Miscellaneous tools taken from an unlocked van on the 5600 block of Dorado Street Oct. 2. The van was \$1,382.

● Two \$50 mailboxes stolen from two homes on the 1300 block of Rifle Range Oct. 2.

● A Richmond youth, arrested by police at Fairmount and Everett avenues Oct. 3, was arrested for riding a bicycle stolen from Morgan Hill.

● An unlocked \$500 bike taken from a bike rack on the 6400 block of Fairmount Oct. 3.

Guitarist performs at library

ALBANY — The second of three concerts sponsored by the Albany Arts Committee will be held from 1 to 2 p.m. in front of the Albany Library Oct. 14.

Ray Piper, noted Brazilian guitarist, will perform. Piper has studied with the renowned Joe Pass and Celso Machado.

The fall concert series is presented by the Arts Committee, in cooperation with the city recreation department, to entertain and promote musical awareness among the citizens. Local photographers are invited to take pictures of the event and submit their photos for exhibition in the city hall foyer in January.

The final concert on Oct. 21 will feature Larry Vuchovich performing jazz specialty numbers.

For information call 528-5740.



Ray Piper plays classical guitar in Albany Arts Series

Go against the grain.

Cut down on salt.

American Heart Association

WE'RE FIGHTING FOR YOUR LIFE

The Journal

Publishers
W.A. 'Chip' Brown — Mary Brown

Editor Shirleen Holt
Sports Editor Don August
Writers Brenda Dawson, Teri DeLoache, Reed Malcolm, Chris Treadway
Copy Editor Laura Ingram

Calendar Editor Phyllis Lyon
Photographer Mark Koehler

Operations Manager Carroll L. Pasley

Camera Joe Robertson
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Meet the candidates

The El Cerrito Chamber of Commerce is sponsoring Candidates Night Wednesday, Oct. 18, at 7:30 p.m. in the Community Center, 7007 Moers Lane.

Incumbents W. Mae Ritz and Dick Mank, plus challengers Bob Winslow, Cathie Kosel and Norma Jellison are running for three vacant seats on the City Council. The election is Nov. 7.

Letters

AC Transit official offers local bus service details

commuters under the Comprehensive Service Plan

The following is a letter sent to Kensington residents confused about the AC Transit's proposed route changes:

The proposed changes to Line 67 have been discussed at several public workshops and public hearings during the last year. The AC Transit Board of Directors has given its final approval to Phase I of the Comprehensive Service Plan which will change Line 67 in March 1990.

To ensure good connections between Kensington and downtown Berkeley for those people using van Line 10 in the Kensington loop area (current Line 67), the schedules for Line 10 and the new CSP Line 15 on Colusa Avenue are being designed so that bus patrons riding Line 10 will arrive at the Colusa and Berkeley Park Blvd. transfer point a few minutes before the southbound Line 15 bus arrives bound for downtown Berkeley.

The reverse connection will also be designed so that the northbound Line 15 bus from downtown Berkeley will arrive at this transfer point a few minutes before the Line 10 van arrives bound for the Kensington loop.

Line 10, the van line, will operate every 30 minutes between 6:30 a.m. and 10 p.m., Monday through Friday, from 7

a.m. to 10 p.m. on Saturdays from 9 a.m. to 9 p.m. on Sunday. Line 67 will operate from 6:30 a.m. to midnight Monday through Friday, from 6:30 a.m. to midnight on Saturday and from 8 a.m. to 10:30 p.m. on Sunday.

In addition, Line 67 will be extended during peak hours from Grizzly Peak and San Francisco Monday through Friday, from 4 a.m. and 4 p.m. to 7 p.m. to serve Grizzly Peak, Berkeley, Purdues, Kenyon, Trinity and return to Grizzly Peak.

Peter S. Transportation

Church Notes

Berkley Buddhist Priory, 1358
Arlington Ave., Albany. Rev. Zensho
Johnson, prior, 528-2139.
The priory will celebrate the
festival of Bhaisajya Tathagata Oct.
13 at 10 a.m.
An introductory class on the practice
of serene reflection meditation is
held each Tuesday at 7:15 p.m. Please
call to register.

Unitarian Church, 1 Lawson
Kensington. Dr. Richard F.
Horn, senior minister, 525-0302.
On Oct. 15 Rev. Holly E. Horn,
associate minister, will speak at 10:45
a.m. on Harvest, celebrating earth's
abundance and observing the OX-
ford Fast for a World Harvest.
Early morning meditation service
begins at 8:30 a.m., the personal
study group and the 20s-40s group
begin at 9:30 a.m.
Sunday school begins at the church
at 10 a.m. Child care is available begin-
ning at 9:30 a.m.

Christ Lutheran Church, 780
Albany Ave., El Cerrito, 524-1050.
On Oct. 15 the sermon will be given

by Dr. Ted Peters of Pacific Lutheran
Seminary. Sunday school is at 9 a.m.
and worship service 10 a.m.

Mira Vista United Church of
Christ, 7075 Cutting Blvd., El Cer-
rito. Rev. Nancy McKay, 234-0110.
On Oct. 15, Rev. McKay's sermon is
A Man Empowered. Service begins at
10 a.m. Adult and children's educa-
tion classes meet at 9 a.m.
The choir will sing *Just a Closer*
Walk With Thee. Nursery care is pro-
vided for children under 5.

Grace Lutheran Church, 15 Santa
Fe Ave., El Cerrito. Joan M. Ross,
lay minister, 525-9004.
The 10:30 a.m. service on Oct. 15
honoring octogenarian church
members will be led by Pastor Martin
Schabacker of Napa. His topic will be
Created for Fullness of Life. A
special service will also honor Pastor
Emeritus O.R. Janke and Mrs. Janke
and other founding members of the
church on Oct. 15. For information call
525-5088.

The Women's League will host a
salad luncheon and boutique Oct. 14
from 11 a.m. to 3 p.m. sponsored by

Lutheran Brotherhood-East Bayview
Branch No. 8009. Many gift items
and Christmas ornaments will be for
sale. For information call 525-9004 or
525-1078.

First Church of Christ Scientist,
601 Lexington Ave., El Cerrito.
Sunday services are at 11 a.m.;
Sunday school at 11 a.m.; Wednesday
evening testimonial meeting at 5 p.m.
The public reading room is open
Monday, Tuesday and Wednesday
from 1 to 3 p.m. For information call
525-1676.

The lesson sermon for Oct. 15 is
Doctrine of Atonement

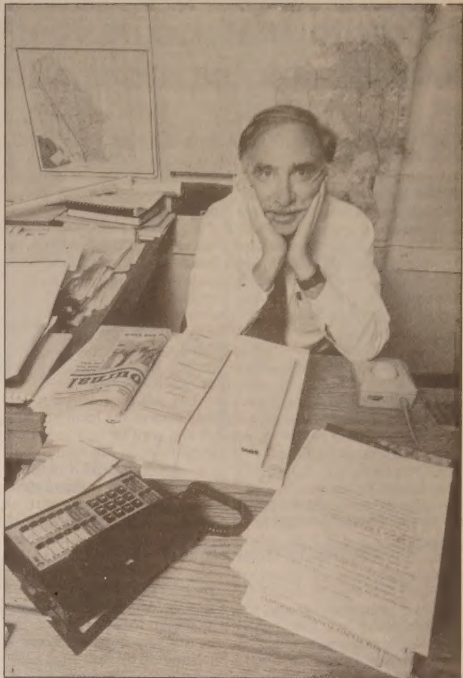
Sycamore Congregational Church,
1111 Navellier St., El Cerrito. Rev.
Dr. Paul Nagano, minister; Rev.
Sadao Masuko, Nichigobu minister,
525-0727.
Rev. Nagano's sermon 11 a.m. ser-
vice Oct. 15 is *Learning to Use Your*
Right Brain. Nichigobu worship ser-
vice as well as coffee and question
time are at 9:45 a.m.; Nichigobu Bible
study meets at 11 a.m.; fellowship
hour in Adamson Hall is at noon.

Arlington Community Church, 52

Arlington Ave., Kensington. Rev.
Ken Barnes, 526-9146.
Sunday services begin at 10 a.m.
Child care for infants and children
under 3 is available. Coffee hour im-
mediately follows the service.
Dr. Barnes' sermon on Oct. 15 is
entitled *The Centurion's Servant* with
liturgical selections from Micah and
Matthew.
Services begin at 10 a.m. Childcare
for persons under 3 is provided. Coffee
hour follows the service.

Northminster Presbyterian
Church, 545 Ashbury Ave., El Cer-
rito. Robert W. Bennett, Jr., pastor,
524-4401.
Rev. Bennett's sermon on Oct. 15 is
Affirming and Healing Our
Bodies/Ourselves based on the Song
of Solomon and Corinthians 6:12-20.
Worship begins at 10:30 a.m.
Richard Burdick will provide special
music on the french horn. There is
church school for children up to fifth
grade.
Midweek Bible study with Pastor
Bennett from noon to 1 p.m.
Tuesday.

Journal Profile



DeWayne Guyer, 47, El Cerrito Planning Director
Family: Divorced, one son
Hobbies: Travel, cooking, backpacking, flying
Books Last Read: "The Cardinal of the Kremlin," "The Different Drum,"
"A Brief History of Time."
Favorite Films: "The Music Teacher," "Earth Girls are Easy," "Dead Poets
Society," "A Fish Called Wanda."
Best Local Restaurant: "Fatapples, Cafe le Monde, Daniel's Highland
Cafe, Top Thai — good food and good people."
Most Admired Public Figures: "John Kennedy; John Scully."
Announcements: "Lette in a styrofoam cup."
Best Way to Spend a Sunday Afternoon: "Taking a long walk in the hills."
Great Accomplishment: "Getting a B in Calculus."

Calendar

The annual spaghetti dinner will be
held at the Albany Senior Center Oct.
13 from 3 to 6 p.m. Master Chef John
Deo will prepare the spaghetti from
the Old World family recipe. Tickets
are \$1 and \$2.50 for people under 6.
The price includes wine, dessert and
coffee.
All proceeds go to the senior
center's new tables fund.

Open House Senior Center in El
Cerrito sponsors a trip to the
Marin Country Club in Napa on
Oct. 22 led by tour guide Sunny
Weekend. The cost is \$41.50. Depart-
ure time is 9 a.m., return at 5 p.m.
For reservations call Max at the
center, 526-0124.

Free Fall Music Series on Solano
Albany will feature
guitarist Ray Piper on Oct.
The concerts begin at 1 p.m. and
are sponsored by the Albany Arts
Committee and the park department.

TOPS CA No. 539 will hold an
open house Oct. 16 from 10 to 11:30
a.m. at Albany United Methodist
Church to celebrate their 25th an-
niversary. For information about the
church call Karen at 525-6858 or Maxine at
54422.

Alma Kaplan, Tilden Park
Artist, will talk about The In-
teresting World of Insects and Plants
at the meeting of the Berkeley Garden
Club Oct. 17 at 1 p.m. at the Epworth
Church. Kaplan is an expert
entomologist.
For information call 540-5696.

Book and Bach will be celebrated at
the Oktoberfest benefiting the Contra
Costa Chorale Oct. 14 from 1 to 5
p.m. at the Veterans Memorial
Building on Center Street in Berkeley.
Top microbreweries will supply
lager, ales and stout for the beer
tasting. Music will be by the Spirit of
'29 Dixieland band. For information call
526-1929.

Ceramic Tile, a hands-on
workshop on tile setting, will be held
Oct. 14 and 15 at 4:30 p.m. at the
Owner Builder Center in Berkeley.
For information call 848-6860.

Trinity Chamber Concerts present
guitar soloist Richard Turner perform-
ing music by Bach, Scarlatti, Villa-
Lobos, Falla and Tarrega Oct. 21 at 8
p.m. at the Trinity Chapel, 2320
Dana St., Berkeley. Tickets are \$8.

Soroptimist International of
Albany sponsors its sixth annual
Oktoberfest on Oct. 14 at 7 p.m. at
Veterans Memorial Building in
Albany.
There will be a complete German
dinner, dancing to the music of
Wolfgang Weisse and his band, door
prizes and a raffle. Tickets for a
donation of \$10 are available at Lee
Graphics, 1230 Solano Ave., Albany.

Midday Music, a series of noon
concerts at Hertz Hall on the U.C.
campus, will feature Kavesh Niazi,
tenor, and Belle Bulwinkle, piano on
Oct. 18.

Being Widowed, a weekly seminar
to help men and women who have

Richmond school board candidates
will speak at the Oct. 17 meeting of
the West County Business and Pro-
fessional Association at the Cerrito
City Club. Social hour begins at 11:45
a.m. Members may sponsor a guest
for \$9.
Guest reservations must be called in
by noon Oct. 11.

Composer Philip Glass will per-
form a rare piano recital of his own
work at 7 p.m. Oct. 15 at Hertz Hall
on the U.C. campus.

Midori, renowned 17-year-old
Japanese violinist, will make her Bay
Area debut Oct. 14 at 8 p.m. in
Zellerbach Hall on the U.C. campus.

These programs are sponsored by
Cal Performances. For ticket infor-
mation call 642-9988.

recently lost a loved one, will present
Home and Car Maintenance on Oct.
19 from 2:30 to 4 p.m. at the First
United Presbyterian Church, 3415
Barrett Ave., Richmond. The
seminars are sponsored by Brookside
Hospital and Wilson & Kratzer
Mortuaries.

North Berkeley Senior Center, 1901
Hearst St., presents free health
programs for seniors. On Oct. 16 at 10:30
a.m. Dr. Loron McGillis will speak
on Sprains and Strains. For informa-
tion about activities at the center call
644-6107.

Kensington Community Council
presents special programs for seniors
Thursdays at 11 a.m. On Oct. 19
Ruth Yanover will give a slide show
on *Alaska and its People*.

Pt. Richmond fair
boasts circus, run

Pt. Richmond's Indian statue day
and street fair will be held
Oct. 14 from 10 a.m. to 4:30 p.m.
on Park Place. Highlighting the
sixth annual event will be a free
performance at 12:30 p.m. of
Make-A-Circus.

Clean Up Your Act is this
year's play, the story of two kids
who can't go to the circus until
they've cleaned their room. Circus
skills will be taught to aspiring
jugglers, stiltwalkers, clowns and
acrobats who will then perform in
the final act of the production.

In addition to Make-A-Circus
performance, events of the day
will include an antique and vin-

tag car show, arts and crafts pro-
ducts to see and buy, and barber
shop singing by members of the
Masquers Playhouse.

Dozens of prizes donated by
Richmond businesses will be raf-
fled off. Prizes include a night for
two at the East Brother Light Sta-
tion, a rafting trip down the
American River and gold
earrings.

Another highlight will be the
sixth annual restaurant, bakery
and bar Fun Run. Nobody runs
but everyone has fun checking out
historic Pt. Richmond's
restaurants and bars. All entrants
receive a T-shirt commemorating
the day.

'How to Succeed'
at The Masquers

The Masquers Playhouse,
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book and a lot of chutzpah.
The show opens Oct. 27 and
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Part Four**

Having looked at one way the growing acceptance of adjustable rate mortgages helps to slow the rise of mortgage rates, let's look now at the other.

Let's suppose you are a lender. You make someone a loan at 10.5% rate of interest, a year passes, during which time you're receiving payments at the 10.5% rate. Let's say that market rates rise to 12% in that year.

You're in trouble. You've raised the rates on CDs and other deposit accounts for your customers, but you're still only receiving 10.5% on loans you made a year ago.

One thing that alleviates this problem is the fact that adjustable rate mortgages will rise and fall roughly with the course of market interest rates, so that the lender who holds on to his/her ARMs won't end up in trouble... and the consumer shares the benefit of lower rates.

This means lenders don't need to overcompensate with high rates today for losses from loans at yesterday's lower rates — and that helps to keeps today's rates lower.

For copies of this four-part series or if you have any questions regarding Real Estate, call Central Realty Service.

Central Realty Service is an independently owned real estate firm founded by Arlene Slaughter in 1954. Mickey Phillips is the Broker and Mrs. Slaughter's son. Larry Loebig is a licensed real estate agent and the Marketing Director for Central Realty. For further assistance, please call Mickey or Larry at 658-2177.

El Cerrito Chamber

El Cerrito merchants ready for shopping extravaganza

Be sure to shop in the Oct. 12, 13 and 14 city-wide sale, the Fall Round-up, which is in its sixteenth year. The "Shop in El Cerrito" promotion has been popular for both the merchants and shoppers, and extra special sales will be offered during these three days. Ads will be printed in the special Round-Up tabloid which will appear in this paper, the *Family Fair*, *The Berkeley Voice* and *The Montclairian*.

The October membership drive will be underway Oct. 16 with Rena Bruton, Central Bank executive officer and Bill Kerber, owner of the Freeway Motel, as co-chairs of this annual event.

Members of our Board of Directors will be teamed by twos to recruit one or more members. Any member with a suggestion may call Rena at 235-2980 or Bill at 234-5581. Someone will follow up with a call.

An ever important event will be our sponsoring of the "Meet Your Candidates Night" Oct. 18 in the Garden Room of the El Cerrito Community Center at 7:30 p.m.

The five candidates are: incumbents W. Mae Ritz and H. Richard Mank, along with Robert Winslow, Norma Jellison and Cathie Kosel.

This traditional evening allows residents the opportunity to meet and know the candidates firsthand.

Each will give a five-minute presentation and written questions will be taken from the audience. Marge Collins, former mayor and council member, will moderate and a representative of the League of Women voters will be the time-keeper.

Members of The Women's Club of El Cerrito will circulate among the audience with writing materials for questions and will also serve refreshments.

Bay Cablevision will cover the event and will air the 90-minute program Oct. 19 at 7 p.m.; Oct. 26 at 8 p.m. and Nov. 1 at 8 p.m. on Channel 28.

Bill Guggemos, detective with the El Cerrito Police Department, will be our guest speaker at the Oct. 23 lunch meeting at the Cer-

rito City Club at noon. Bill will explain a new crime prevention program, "Operation Fingerprint," a voluntary program in which the merchants may participate or not.

It simply asks that merchants request a thumbprint of a customer using an inkless pad, in addition to their signature when writing a check. This method should not be a problem for the majority of law abiding people using checks, but will be for the forger, fraudulent check-passer or thief.

The returned check would be delivered to the local police agency and then be sent to the county identification bureau and run through a Cal-ID Computer. If there has been a previous arrest for a felony in any part of the state, it will be identified within an hour after the search begins.

Local police are now in the process of distributing information packets to the business owners in El Cerrito on this vital program. We look forward to hearing Bill at this important meeting. RSVP is required by Oct. 20 at 527-5333. Cost is \$9.50 per person.

Members are urged to mark their calendars now for the next membership mixer to be held Nov. 1 at the new El Cerrito Royale, Contra Costa's newest and finest retirement hotel located at 6510 Gladys, El Cerrito.

The event is 5:30 to 7 p.m. and will include refreshments provided by the host, El Cerrito Royale, and no-host liquid refreshments provided by the El Cerrito Chamber. Tours of the new facility will also be offered.

Grass Roots Action Brings Legislative Victory
Small business recorded significant victories as two priority issues — mandated health insurance and workers' compensation reform — were addressed during the final hours of this year's legislative session.

Legislation requiring employers with five or more employees to provide health insurance for their workers fell short due to efforts by small business, employer groups and local chambers of commerce.

Paws for Advice

By Nancy Frensley



Local feral felines proliferate

Facts About Feeding Feral Felines

The word feral comes from the Latin phrase *ferae naturae*, meaning "of a wild nature." What are referred to as feral cats are cats that were once domesticated but have gone wild. Cats, when they live on their own, achieve various degrees of wildness. The wild instincts become more pronounced with each generation until, at some point, they are truly wild animals.

Due to some recent close up and personal experiences with feral cats, I'd like to comment on what happens when people feed these populations, and point out some of the misconceptions that help create colonies of wild cats.

Let's begin with a little math. A reasonably healthy female cat can produce up to four litters every year. For our purposes, let's assume that our sample cat produces three litters of four kittens each. That's 12 kittens this year. We will assume that half the kittens are female.

Next year the original cat produces another 12 kittens while her offspring produce 24. It goes on from there and you will pardon me while I excuse myself from completing this math problem.

Estimates of kittens born from an unsprayed female and her offspring for a five-year period range from 5,000 to 13,000. Don't forget that half the problem is the unneutered males. It does prove that, while cats don't know how to add and subtract, they are experts at multiplication. That's the problem.

Causes of the problems are often rooted deeply in society's belief systems. Have you ever heard the folk saying, "Never move a broom or a cat"? Cats are left with the house more often than we like to believe, either because of superstitions like this one or simple expediency.

The ancient Egyptians tamed cats primarily to control rodents. Eons later many people still attempt to have cats around as mousers. This type of attitude usually results in undersocialized, undernourished cats. Both instances create fertile ground for developing on-going colonies of cats gone wild.

By far the most frequent causes of the homeless cat problem are the criminal abandoners and people who neglect to spay and neuter their cats — and sometimes they are the same person. As Pogo always said, "I have seen the enemy and he is us."

Abandonment of an animal is against California State Law, PC 597 f. The folks who think they are being kind when they turn the no-longer-wanted cat loose in Wildcat Canyon are committing a criminal act, punishable by up to a year in jail and up to \$20,000 in fines.

The next step in the feral cat colony cycle has to do with truly kind-hearted people who take pity on the cats and start to leave food out for them. In itself, this is not a bad act but does have consequences which help the cycle to continue.

Feeding creates a healthier population of unsocialized cats. Healthier cats can produce more litters. Most kittens born wild cannot be socialized when they are beyond six to eight weeks old. After that they range from shy and untouchable to dangerous.

Just about all the cats in a wild population have large numbers of external and internal parasites, in-

cluding tapeworms from eating fleas and rodents. The feline leukemia virus wanders in and out of populations exposing owned cats that come into contact with wild carriers. The absence of regular vaccinations allows large numbers of the cats and kittens to die slow and painful deaths from distemper and a dozen other fatal diseases.

That's the bad news. The good news is that there are ways to help control the populations and still be kind to the cats. In general, that means the feeder understands that feeding the cats creates a condition of ownership and ownership means taking full responsibility for the cats. If everyone did that, perhaps in 15 or 20 years we might eliminate the terrible overpopulation problem of

homeless cats. Next month I'll discuss specific ways that the cats can be helped. In the meantime, please don't feed the wild cats. Like to hear our readers' comments on feeding feral cats? PAWS, P.O. Box 2222, Berkeley, CA 94702-2222.

Thanks to reader Linda sky, Richmond, for pointing out the importance of the article in *Natural Health for Cats*, by Dr. Richard Phipps. Susan Hubble Phipps (they are related?) on page 233.

This column is sponsored by the Berkeley Humane Society. Nancy Frensley is a Cat Education Officer and Humane Officer at the

Pets of the Month



Waldo (left) sports the latest cut for the stylish sheepdog. He is 2 years old, enjoys massage and outings. Pepper is an altered male rabbit. He will do best in a home without children; he shows potential as a house rabbit. Both of these wonderful companions up for adoption at the Berkeley East Bay Humane Society 845-7735 for more information.



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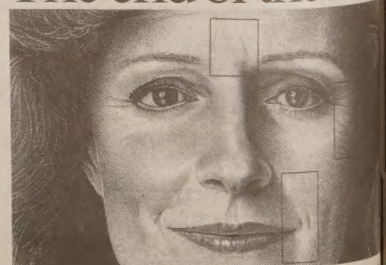
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shepherd, Australian	1	F	3 yrs.
shepherd, German	1	M	4 yrs.
shepherd/labrador	2	F & M	2½ & 3 yrs.
shepherd/Doberman	1	F	6 mos.
shepherd/collie	1	F	1 yr.
shepherd mix	11	F & M	4½-3 yrs.
sheep dog mix	1	M	3 yrs.
poodle	1	M	3 yrs.
pointer mix	1	M	2 yrs.
malamute mix	1	M	1 yr.
labrador (black)	1	F	2 yrs.
labrador mix	5	F & M	6 mo.-3 yrs.
Dalmation mix	1	M	1 yr.
chow	1	M	11 mos.
chow/retriever	1	M	1½ yrs.
chow/shepherd	1	M	1½ year
beagle	1	F	3½ yrs.

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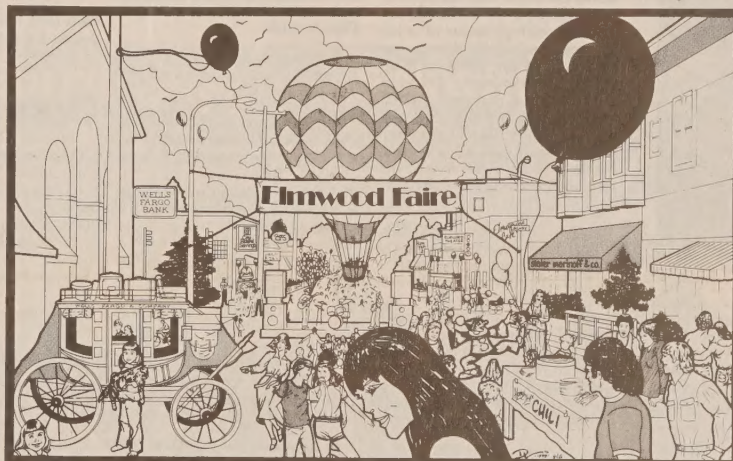
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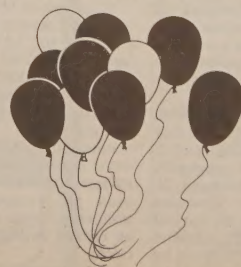
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Arts and Entertainment

This comedy's humor comes from the heart

Neil Simon leaves behind tedious one-liners and typical flimsy plots

Brighton Beach Memoirs plays through Nov. 18 at the Contra Costa Civic Theatre, Mooser Lane at Pomona, El Cerrito. Friday and Saturday nights at 8:30 p.m., matinees Oct. 29 and Nov. 5 at 2 p.m. Reservations: 524-9132.

By Phyllis Lyon

There's a lot for playgoers to identify with in *Brighton Beach Memoirs*, which opened last Friday at the Contra Costa Civic Theatre in El Cerrito — family

squabbles, love, hate, maple walnut ice cream.

What's missing, fortunately, from Neil Simon's look back at his own coming of age in the Bronx is the string of one-line gags loosely holding together a slender plot which characterized *Barefoot in the Park*, *Plaza Suite*, *The Odd Couple* and many of the 17 other smash hits that preceded *Brighton Beach*.

After attaining such legendary status that he had a theater in New York named after him, Simon turned serious in *Brighton Beach*. Not to worry, he's still funny but the humor, no longer a veneer, comes straight from the characters, their relationship to each other and their plight.

The Jeromes of Brooklyn in 1937 are struggling through the Great Depression, trying to hold the family together. Jack, the father and rule-maker, works days cutting raincoats and nights selling noisemakers and party favors to support seven people. Kate, the worrywart mother, cooks, cleans and kvetches. They have two sons, Stanley, 18½, whose \$17-a-week job at the hat factory is always in jeopardy, and Eugene, 15, the Simonesque, pubescent writer — or maybe future New York Yankee.

Living with the Jeromes until they can find her a husband is Kate's widowed sister, Blanche, and her two daughters, Nora, who is plagued by adolescent sullenness, and the younger, coddled Laurie.

Crisis heaps on crisis. The novelty company goes bankrupt; Jack gets a job driving a taxi nights and collapses on the subway. Stanley loses a week's wages playing poker at Florsheim's. Blanche takes up with the alcoholic Irishman who lives across the street with his mother. Nora is lured by an evil Broadway producer with promises of a job in the chorus line. Polish relatives have escaped the ghetto in Warsaw and are moving in. Oy, veh.

The laughter and tears, insults and apologies, whispering and yelling, concealing facts and revealing truth ends with the comforting assurance that the Jeromes are loving survivors after all.

El Cerrito resident Mark West is superb as Eugene Jerome, the humorous thread that holds the play together. West, clothed in cap, argyle vest, knickers and sneakers, his voice not quite changed, is always in character as the bewildered 15-year-old although his many acting credits suggest he is considerably older. Eugene provides plot exposition and explanation by reading from

his diary, or memoirs, in asides to the audience.

Paul Benson, whose sadistic dentist in CCCT's recent production of *Little Shop of Horrors* is unforgettable, turns in still another sterling performance. His Stanley suffers anguish with bravado, high hope and dark uncertainty with an overlay of good humor and hints of farce.

Others in the cast are Pat Parker, sarcastic and shrill as Kate, Gail Wetherbee as Blanche, Gretchen Anderson as Nora and Erin Guaraglia, 14, showing theatrical promise as Laurie. Although an attractive and competent performer, Jim Rex is miscast as Jack.

The language of the play is 1937 Jewish Brooklyn, but the actors make little or no attempt to reproduce the accent, which was no doubt a good move on the part of director Louis Flynn.

Topical references to \$2.50 prostitutes, Amos and Andy, Irene Dunne and the artifacts of pop culture put the time solidly in 1937 as does the living room, upstairs bedrooms and front yard set designed by Matt Flynn. Steve Adamczyk of Steve's Paperhanging deserves special kudos for the nostalgic wallpaper and the Wig-Atorium for Blanche's wig with the sausage roll curls going up and back from her temples. Details count.

The play won the New York Drama Critics' Circle award for best play in 1983.

Simon's look back went forward from *Brighton Beach* to *Biloxi Blues*, which took Eugene Jerome into the army in Mississippi, and *Broadway Bound* completed the autobiographical trilogy. As *Brighton Beach Memoirs* shows, it was a move in the right direction.



Kate (Pat Parker) won't endorse son Eugene's (Mark West) desire for a major league baseball career



Photo — John Griffith

On the road again

Kristina Peterson and Sandy Hillard will appear in "Road to Mecca," by Athol Fugard. The play opens Oct. 12 and runs through Nov. 18 at Walnut Creek Civic Arts Repertory Company, Stage II, 1535 East St. Tickets are \$9 and \$10. Call 943-5862 for information.

Classical scholarship

Club Mendelssohn is accepting applications for its annual scholarship award auditions. Any student of classical music in junior or senior high school living in Richmond school district is eligible to compete.

Mail a request for an application to audition to Betty V. 257 Western Drive, Richmond 94801. Auditions will be held January 1990. The club was founded in 1903 for the promotion of music. Call 237-1111 for information.

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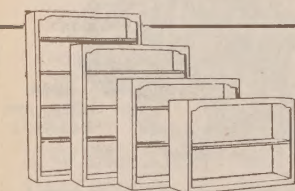


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An advertising feature

Business Scene

By Michael S. Holmes

As fall in the Bay Area begins to show subtle in color and mood, a hint of the Holiday Season and the '90s approach. What better way to express this seasonal change than a visit to the new Papyrus greeting card, gift wrap and stationery store on Lakeshore Avenue in Oakland.

Papyrus, which began as a single shop in Berkeley in 1973, will expand to a total of about 114 units within five years, according to Dominique Magal, secretary of Papyrus Franchising Corporation.

"We took our time entering franchising, because we wanted to be sure that we had an extremely efficient operation to offer highly-qualified franchisees," said Magal.

Present franchise development is concentrated in Northern California, for the purpose of creating a strong regional structure that will serve as a working model for similar expansion in the western U.S. in 1990, she explained.

Franchising did not begin until 1988, some 15 years after the first store was established by Margrit Schurman, who had previously worked with her husband in building the Marcel Schurman Company, Inc., the 39-year-old firm which imports, publishes and distributes cards designed by U.S. and overseas artists to the growing chain of Papyrus stores

and to almost 10,000 independent greeting card stores.

The newly-opened Lakeshore Papyrus store, owned and operated by Meg and Jay Ghatge, is stocked with the distinctive fine art vision of Marcel Schurman. Cards for all occasions are displayed full-face and include sentiment and comments for Christmas, weddings, showers, new homes, get well and missing you as well as invitations, Bat and Bar Mitzvah cards and the always popular *thinking of you*.

"We're seeing a strong move toward traditional themes," commented Magal, noting that the current buying trends seem to reflect America's return to long-established values. "Romance, the family and nostalgia all are factors in selecting greeting cards today," she observed.

Magal noted that even Halloween has become a sentimental occasion for giving romantic cards, instead of the ghoulish fright-provoking messages popular until recently.

Besides providing unique greeting cards, Papyrus also features distinctive gift wrap, travel diaries, journals, birthday albums and other social books, plus an exclusive line of stationery, notes and invitations all printed on high-quality paper stock.

My favorites in the store are the images printed by the Pre-

Raphaelite Trust exclusively for the Marcel Schurman Company and the C.R. Gibson photo albums waiting to be filled with special family memories.

Papyrus is located at 3417 Lakeshore Ave., Oakland. They are open Monday through Saturday 10 a.m. to 6 p.m.. For information and holiday hours please call 451-3812.

CLASSIC RENOVATIONS, Contra Costa County's most unique bathroom remodeling contractor announces the Grand Opening of their new showroom in Lafayette. The opening took place last Saturday and will continue through Saturday October 14. Classic Renovations invites the public to join in their celebration.

During the Grand Opening, Classic Renovations will be offering prizes, drawings, demonstrations and refreshments. To top off the week-long celebration, they will be giving away a free Jacuzzi Whirlpool Bath. Anyone can enter the free drawing by filling out an entry coupon available in either the Lafayette showroom at 3406 Mt. Diablo Blvd. or the Concord showroom at 2130 Market St. The drawing will be held Saturday, October 14 at 3 p.m. in the Lafayette store.

For additional information please call Laura Paul at 283-4892.

Exotic tastes await at East African trio

Unusual spices take some getting used to but this food is worth it

Possibly no group of East Bay restaurants can be good, too, East African is perhaps the most difficult of all ethnic cuisines for newcomers to become accustomed to.

While the food at East African restaurants can be good, too, East African is perhaps the most difficult of all ethnic cuisines for newcomers to become accustomed to.

This is so primarily because of the large number of mostly unusual spices used in preparing African foods. Chief among them are *berbere*, a combination of seasonings heavily accented by pepper; *abesh*, a spice akin to cumin; *gomen*, Ethiopian cabbage seeds; and *zingib*, dried ginger.

Another thing a bit disconcerting for some Westerners is the use of *injera*, a traditional East African food is eaten. In Ethiopia, the family typically sits around a large woven basket called a *mesob*, sharing food served on a large plate set in the center.

Wooden spoons are sometimes used, but forks and knives are common. Many local East African restaurants remain true to this tradition (although most will gladly provide you with silverware if you cannot do without it).

Possibly the single most important word in the East African vocabulary is *injera*. This Ethiopia's fermented and slightly acidic national bread, which is used to soak up

other foods.

Injera is served with virtually every Ethiopian dish, and is commonly offered in Eritrean restaurants too, although these sometimes substitute *pitta*, the Middle Eastern flat bread more familiar to Americans.

In East African cuisine, there is a pronounced emphasis on vegetarian cooking. In fact, in some restaurants, vegetarian offerings outnumber meat ones.

Of East Africa's diverse vegetarian possibilities, some of the best are *shiro*, a warm roast split and chick pea combination, sometimes eaten with green mustard; *gomen*, chopped green vegetables with garlic; and *timtimo*, split peas and lentils with onions and tomatoes.

Finally, as history buffs know, Ethiopia labored for a time as Italy's sole colony. Due to the colonial influence, to this day some East African restaurants serve a large assortment of Italian entrees.

While there are a surprisingly large number of East African eateries in the East Bay, three interesting ones — each well worth a try — are Sheba, Zula, and Cafe Eritrea D'Africa.

Sheba Restaurant, 3109 Telegraph Avenue, Oakland, 654-3741. Hours are Monday, 5 to 10 p.m.; Tuesday, Thursday, Friday and Saturday, 11:30 a.m. to 11 p.m.; Sunday, 11:30 a.m. to 10 p.m. Visa, Mastercard.

Cuisine: ★★ **Atmosphere:** ★★

One of the most enjoyable

The East Bay's Best Ethnic Restaurants

Richard and Linda Flamm

★★★★ Excellent ★★★ Very good ★★ Good ★ Fair



things about "traveling" to ethnic restaurants is discovering a link between places you never would have imagined.

To be found on Sheba's menu are *tabouleh* (\$3.50) and *hummus* (\$2), both of which are generally associated with the Middle East; as well as *sambusa* (\$1.50), a lentil variation of Indian *samosa*.

The biggest surprise, however, is that Sheba offers an interesting and tasty *bademjone*, eggplant blended with yogurt and garlic (\$2), *bademjun* being a popular Persian first course.

The remainder of Sheba's menu, which ranges from \$5 to \$7, is traditional Ethiopian, with meat items like *kitfo*, East Africa's version of steak tartare (\$6.95) and *zizil tibs*, sautéed beef and vegetables in clarified butter (\$6.75) as well as *doro wat* (\$6.50), chicken simmered in chili pepper.

Sheba's host of vegetable specialties includes *yatella fitfit*, toasted flax seeds with cottage cheese and vegetables (\$5).

As with many East African

restaurants, Sheba offers a way to experiment with a wide variety of dishes at an obscenely low price. Its vegetarian combination allows you to sample any three vegetarian entrees for only \$6.50.

Sheba's meat combination offers a combination of *kitfo*, *sigat wat* — simmered beef in spices with homemade yogurt and *yebeg alicha* — simmered lamb in spices for only \$7.50. (Or \$6.50 as an a la carte entree.)

Folk art and native dresses line the walls in Sheba's main dining room. Excellent music and service enhance what is already a superior atmosphere. Sheba may not be quite as exotic as, say, Berkeley's Blue Nile, but it is an authentic and wonderful little place in its own right.

Cafe Eritrea D'Africa, 4069 Telegraph Ave., Oakland, 547-4520. Hours Monday through Friday, 9:30 a.m. to 11 p.m.; Saturday and Sunday, 11 a.m. to 11 p.m. No credit cards; checks accepted.

Cuisine: ★★ **Atmosphere:** ★★

A very ordinary front room —

so ordinary in fact that an almost life-size poster of Manute Bol stares at you while you eat — gives way to a lovely flower-filled back room.

In addition to Manute, Cafe Eritrea's front room is dominated by a bookshelf filled with reading material and a sign encouraging patrons to let mind and body "grow together" by eating and reading at the same time. (How many restaurants nowadays encourage you to do that?)

The cafe's food is almost as much Middle Eastern as East African, with a spotlight on items like *tabouly*, *hummus* and *phool* — Egyptian fava beans.

Our favorite is a combination of *kitwa*, sautéed beef with vegetables, and *shehan phool*, fava beans with similar ingredients and yogurt.

Possibly unique to Cafe Eritrea's menu is *empotito* (\$2.75), a french bread sandwich made with potato slices, onion and tomato. Also try a fresh fruit drink such as pineapple cream (\$1.95), made with crushed pineapples, milk and honey. Life folklore music is played on weekends.

Zula Restaurant, 4929 Shattuck Ave., Oakland, 654-2830. Hours: Monday, 5 to 10 p.m.; Thursday and Friday, 11:30 a.m. to 10 p.m.; Friday through Sunday, noon to 11 p.m. American Express.

Cuisine: ★★ **Atmosphere:** ★★

At first glance, Zula looks like a regular bar, but this gives way to a fine thatched dining room, adorned by stunning folk art, that seems more like a museum than a place to dine.

Zula's food is unusually spicy, even by East African standards. Certain dishes, like its heavily spiced yogurt and mustard concoction known as *seftich*, you are likely to find nowhere else.

Other items are more familiar, but not by their names. For example, the common East African honey wine, *tej*, is known here as *mies* — which is what *tej* is called in Asmaric, a dialect spoken in the north of Ethiopia.

As with most East African places, prices at Zula are eminently reasonable, with whole meals for two starting at under \$15. For that price, two can share a vegetarian and non-vegetarian combination which, basically, allows you to sample it all.

East African breakfast is also available at Zula, as are lunch specials which begin at \$3.50.

Richard Flamm, a Berkeley attorney, and his wife Linda have written travel and restaurant articles for national magazines and newspapers. Their first book, *Guide to the Bay Area's Best Ethnic Restaurants (Or How to Travel Around the World Without Leaving San Francisco)* is due out from Zorba Press West this fall.

PG&E may weatherize residences

Low and moderate income residents in eight East Bay communities have been offered free weatherization service this year by Pacific Gas and Electric Company.

Through the end of the year, 6,500 homes in East Bay will be weatherized under PG&E's \$396,000 Energy Doctor Program.

PG&E's contractor, Richard Heath and Associates, Berkeley, is visiting homes in targeted neighborhoods of Oakland, Berkeley, Richmond, Hayward, Antioch, Alameda, Emeryville and Newark.

Canvassers offer to install free energy-saving gadgets on the spot in about 30 minutes.

The gadgets are low-flow shower head, water heater blanket, weather stripping to block drafts, screw-in fluorescent light bulb, electrical outlet gaskets to prevent drafts, faucets aerators to cut hot water consumption and a home energy audit.

The improvements cost an average of \$61 and can save a typical household's monthly bill by 5 to 7 percent.

Chuck Jones, customer service manager for PG&E's East Bay Region, said the program's goal is part of the company's plan to hold down utility costs for all customers through conservation, especially those who can least afford it.

"We are trying to help people who have the need for conservation but who may not have the means," said Jones. "Installing weatherization measures to cut energy use is the key to reducing a household's energy costs," he added.

The Energy Doctor program is open to eligible PG&E customers living in houses, apartments and mobile homes in Alameda and Contra Costa counties.

The program has no strict income guidelines.

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Quilt

Continued from front page

man capes; others crawl on them, suck on them, or hug them like a teddy bear. One 17-year-old tucked a quilt under his arm when he received it and carried it around all day. "It becomes that child's own blanket," Davis said. "They truly turn it into the security blankets we all know."

The response to the project has been overwhelming. B.J. Welden, a volunteer for the last six months, told of her 85-year-old neighbor, who felt that she couldn't help physically but wanted to do something. She donated a few dollars for batting one quilt, knowing that a sick child somewhere would be the recipient.

Autumn Payne, 14, is a student at El Cerrito High School. She had not quilted before, but she worked diligently on Sunday, measuring and pinning quilts for tying, then tying special pull-proof knots over two bright butterfly quilts.

On Sunday, six tops were made into completed quilts. "When you leave here today," Welden said, "you'll know that six babies will be surrounded by all this love. It's wonderful."

The network of CQP insures that the quilts will go where they are needed. Davis described the scope of the project: "It's breathtaking," she said, noting that quilts are at work for the project in 20 states and two other countries.

"There are 101 affiliated groups," she said, "and that's a conservative estimate."

After Sunday, there will likely be 102. Diane Payne, an instructional aide at Cornell, and Darlene Grubb, a textbook buyer for the Richmond Unified School District, are part of a monthly sewing group of school employees.

Members of the group, which started as a way to finish up personal projects and socialize, have been talking some time about making a quilt for someone in need.

"We thought it would be nice to do something for someone else," Payne said, "and not just things for our own needs."

Now she and Grubb plan to introduce the group to the project and make more quilts for children. "Doing it all by yourself is a little overwhelming," Payne said. "But if I could set it up like this, where it's all organized and all you have to do is come and work, it would be great."

One hundred CQP quilts will be displayed Oct. 11-13 at the 1989 AIDS Update Conference at San Francisco's Civic Auditorium. After the conference, 80 of the quilts will be given to conference attendees for distribution to children around the country. Also displayed will be 30 "friendship panels" designed by concerned children.

The next New Pieces workday is Sunday, Nov. 12, 11 a.m.-5 p.m. Drop-ins and donations are welcome. Call Deanna Davis for further information at 547-8860.

Needle

Continued from front page

ompting my doctor to take me off medication. In addition, my insulin dosages dropped slightly and I began feeling much more energetic and began requiring less sleep.

Acupuncture has been a major form of treatment throughout Asia for over 4,000 years and has proven successful in many conditions for which there is often no medical cure: arthritis, asthma, colds, depression, heart disease, migraines, multiple sclerosis, Parkinsonism, back pain, sports injuries, gynecological disorders and ulcers. The list is endless.

Today experts even are finding that acupuncture has a 40 percent success rate with alcohol and drug detox patients. According to Patricia Keenan, director of clinical services at the Bay View Hunter's Point Community Foundation, patients are given acupuncture anywhere from three weeks to six months and often find that treatments help in relieving withdrawal symptoms and cravings.

It has also been found to strengthen the immune system of AIDS patients, increasing their energy and digestive ability while lessening the side effects of AZT.

Chinese acupuncture is based around the Chinese Tao philosophy of yin and yang. Diseases or ill health are believed to be due to chemical imbalances in the body, resulting from causes such as improper diet or rest, past traumatic experiences or past depression.

An acupuncturist will view the body as a vital whole, infused with energy, rather than just the workings of independent organs separated from each other and the individual.

"The main difference between Chinese and western medicine," said Pat Lollis, "is that Chinese medicine does not deal just with the disease but the whole person. Where western medicine will give you a powerful and often toxic drug to kill a germ, Chinese

medicine will attempt to identify the underlying cause of the condition, aiding the body in its own healing powers through acupuncture, herbs and dietary control."

She went on to explain that throughout the body there are nerve pathways called meridians, each interconnecting various organs with each other. Located on the meridians are up to 2,000 acupuncture points which correlate the specific

'Chinese medicine does not just deal with the disease but with the whole person'

—Pat Lollis

areas. It is when these points are manipulated through direct pressure or "needling" that Qi energy is released to rebalance and heal the body.

It could be called the "needle of realization" that prompted Lollis to venture into acupuncture six years ago.

A small lump appeared on the side of her face which doctors were unable to diagnose. Only a week before Lollis was to undergo costly surgery that would leave the side of her face noticeably altered, she met an acupuncturist who offered treatment.

"At the very moment she put the first needle in, I knew right then that I wanted to study acupuncture," said Lollis.

Within three days the lump began moving down her face and within 10 treatments it had completely disappeared. It has never reappeared.

To begin practicing acupuncture, Lollis had to undergo a rigorous three-year program at an accredited acupuncture institute in San Francisco where she studied

everything from anatomy and physiology to Chinese medicine and needling techniques.

She then had to pass California state examinations to complete a specified number of internship hours before receiving her license.

One of the most common asked questions of Lollis



Pat Lollis at work

anyone who has received acupuncture is "Does it hurt?" The needles are very fine, like the syringes one receives at the doctor's office. Lollis says a Japanese technique will cause a quick prick, painless and cannot be once inserted.

Although there often is scientific data or explanation to acupuncture's method, Lollis said, it is in everyone's interest that the science be dismissed as some sort of hocus pocus.

"The empirical proof of Chinese acupuncture is that it has been around for hundreds of thousands of years and works."

Rally 'round the flag

Kensington's annual parade and open house Oct. 8 featured a Western theme with dancing, pony rides and games. Barbecued treats were on the menu, with watermelon, of course. Fire trucks, Boy Scouts and a marching band led the early afternoon parade.



Vince Goldberg - Journal

NOTICE OF PUBLIC HEARINGS AND

NOTICE OF AVAILABILITY OF ALBANY WATERFRONT PROGRAM DRAFT ENVIRONMENTAL IMPACT REPORT

The City of Albany is the lead agency in the preparation of a program EIR for the 160 acre site known as the Albany Waterfront. The Draft EIR is now available for public review. The report evaluates the long and short-term impacts of development at the Albany Waterfront over a twenty year planning period. These alternatives range in size from 320 to 4.5 million square feet. The major impacts which are evaluated include traffic, soils and geology, public health and safety, public services and visual concerns. Each alternative is evaluated in equal weight.

This new report is a revised and modified version of the original Draft EIR for the Albany Waterfront published in November 1987.

The City intends that this program EIR will be used as the basis for any further development decisions for the Albany Waterfront. These future decisions may include construction of a series of development applications that have been submitted by the Santa Fe Pacific Realty Corporation. (SFPRC). Any comments that you have regarding this document must be submitted to the City by **Monday, November 13, 1989 by 5:00 P.M.** or presented at the two public hearings scheduled for **Saturday, October 28, 1989 at 9:00 A.M.**

Monday, November 6, 1989 at 8:00 P.M. Written comments should be sent to the City of Albany Planning Department, 1000 San Pablo Avenue, Albany, CA. 94706. The comments must be directed to the draft report itself, and not to the merits of any of the alternatives. All comments received will be responded to in the final EIR.

Written comments about the document are encouraged.

If you have any questions concerning this draft report, the public hearing schedule, or other questions about the project, please call the Planning Department at 528-5285.

THE ALBANY WATERFRONT DRAFT EIR IS AVAILABLE FOR PUBLIC REVIEW AND PURCHASE IN THE FOLLOWING LOCATIONS:

A. FOR LOAN:

- 1) **Albany City Hall, 1000 San Pablo Avenue, Albany** in the Planning Department. Office hours are 8:30 A.M. - 5:00 P.M., Monday through Friday.

Copies of the Draft EIR are available for loan in this office. The loan period is ten (10) days, and a \$20.00 deposit is required.

A copy of the Technical Appendix of this report is also available for review, but may not be checked out.

- 2) **Albany Public Library, 1216 Solano Avenue, Albany.** Library hours are 1:00 P.M. - 9:00 P.M., Tuesday and Wednesday, and 10:00 A.M. - 5:00 P.M., Thursday through Saturday. The Library is closed Sunday and Monday.

Copies of the report are available at the Reserve Desk and may be checked out for the standard loan period.

A copy of the Technical Appendix is available for review at the Reference Desk, for use at the Library.

B. FOR PURCHASE:

Copies of the Draft EIR are available for \$20.00 at the Planning Department, Albany City Hall, 1000 San Pablo Avenue, Albany, CA. 94706.

NOTE:

Copies of a 43 page Summary of the Principal Findings of the Draft EIR are available at the Albany City Hall and at the Albany Library (for Pick-up Only).

THE CITY OF ALBANY CITY COUNCIL AND PLANNING AND ZONING COMMISSION SHALL HOLD TWO PUBLIC HEARINGS REGARDING THE DRAFT EIR. THESE HEARINGS ARE BEING HELD TO SOLICIT COMMENTS ABOUT THE DRAFT EIR ONLY, AND NOT ABOUT THE MERITS OF ANY WATERFRONT DEVELOPMENT ALTERNATIVES.

PUBLIC HEARING SCHEDULE:

Due to the length of the document and the complexity of the issues involved, the City Council and the Planning and Zoning Commission have decided to hold two public hearings regarding the Draft EIR. These hearings are being held to solicit comments about the Draft EIR only, and not about the merits of any waterfront development alternatives. The schedule is presented below:

PUBLIC HEARING NO. 1: Saturday, October 28, 1989
Time: 9:00 a.m.
Albany Little Theatre
Albany High School, 603 Key Route Blvd., Albany, CA.

TOPICS TO BE CONSIDERED:

A. Introduction	G. Noise
B. Waterfront Program	H. Wind Considerations
C. Alternative Site Locations	I. Vegetation and Wildlife
D. Planning and Policy Context	J. Energy
E. Land Use	K. Archaeologic & Historic Resources
F. Population, Employment & Housing	L. Traffic & Circulation

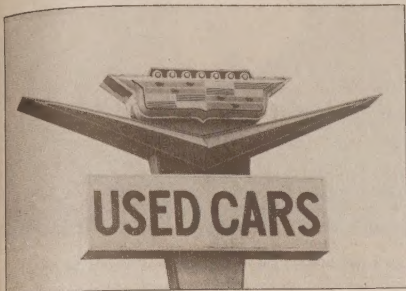
PUBLIC HEARING NO. 2: Monday, November 6, 1989
Time: 8:00 p.m.
Albany Little Theatre
Albany High School, 603 Key Route Blvd., Albany, CA.

TOPICS TO BE CONSIDERED:

A. Geology and Soils	F. Public Facilities & Services
B. Water Quality	G. Public Health & Safety
C. Air Quality	H. Landfill Closure
D. Hydrology & Drainage	I. Impact Overview
E. Visual & Aesthetic Quality	J. Summary & Principal Findings

PUBLIC HEARING INFORMATION:

- a. These two hearings will be jointly held by the Albany City Council and the Planning and Zoning Commission.
- b. Unless otherwise announced, only the topics listed for each hearing will be covered.
- c. All persons who are interested in the Draft EIR are invited to appear before the Albany City Council and the Planning and Zoning Commission on the days, at the time, and in the place above mentioned. If you challenge the Draft EIR in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City of Albany City Hall by Monday, November 13, 1989 at 5:00 P.M.



Cadillac dealership on San Pablo near Central

El Cerrito architecture

They call it googie art. That '50s and '60s-style modern architecture that was born out of the atomic age. It surfaced in diners in Los Angeles (Googies), truck stops near Bakersfield and on San Pablo Avenue in El Cerrito.

It is characterized by dingbats (starbursts), floating-lettered signs and sparkles.

As Alan Hess wrote in "Googie: Fifties coffee shop architecture":

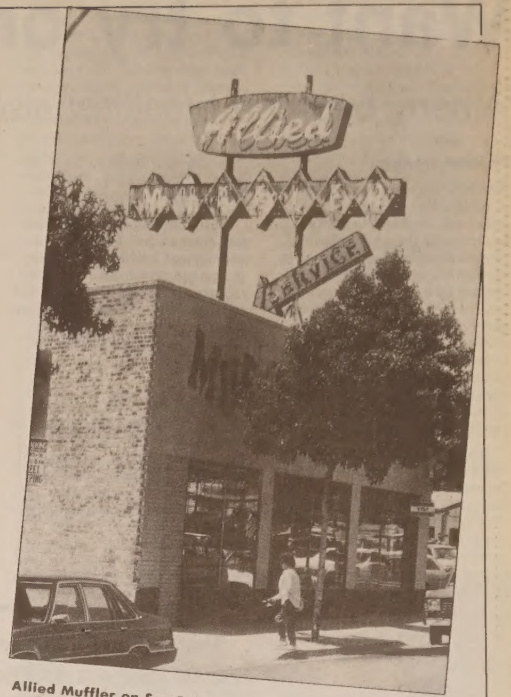
"This commercial vernacular is a style of action, of movement, of direction... each element is given its own weight, its own style, its own shape. Disjointed, hanging in midair, combining cursive script with print, its collage design threw together bubbling circles and out-of-whack squares and unexpected angles to pile on all the spontaneity, energy and tension possible."

Googie was present in California's buildings: Jack-in-the-Box, Denny's, McDonald's, Big Boy and Holiday Inn. Cars were also affected by the new space-age design.

Linkers of the '30s and '40s were transformed into streamline, winged machines. Cadillac was the first company to put fins on cars.

As redevelopment rolls over El Cerrito's commercial spine, some of these symbols of "aggressive commercialism" will be its victims.

Though few residents find the 30-year-old building facades and signs appealing, Googie art was to El Cerrito in the '50s what industrial, high-tech architecture is to Emeryville today — a symbol of modern-day technology and financial abundance.



Allied Muffler on San Pablo near Barratt



Golden Gate Lanes Bowling Alley



Fairmount entrance



Not googie, perhaps, but unique. On San Pablo near Knott Street

Want to try on a new face?

Albany bed and breakfast also serves as a mask museum

By Dawn Frasier

The Journal

ALBANY — If you were called out to Bebe Barrett's home to fix the plumbing or a broken shower door, you might be startled when you first walked into her living room. Intertwined with 92 house plants and hanging strands of ivy are dozens of white "life masques" covering the walls, suspended from the ceiling and lining desks, bookcases and the back of the sofa. Barrett's home is, in fact, a mask museum.

After the initial shock had worn off and you got to know Barrett a little better, you might stay after your repair job was finished and have your own mask made. It's happened a number of times.

Besides her plumber, shower door repairman, travel agent and garbage collector, Barrett has designed masks of foreign visitors and Albany city officials.

Barrett has a gracious, welcoming manner and a joyous enthusiasm for her hobby. Perhaps that's why 373 individuals, from age 4 to age 86, have so far allowed Barrett to sit them in a comfortable chair, cover their faces with vaseline and plaster-soaked bandages and form a unique facial mask that reflects the personality she sees inside. The casting process takes about an hour and a half.

Born in Egypt

Born in Egypt, Barrett first studied mask-making in high school there at the Lycée Français du Caire. She later studied the American technique of dipping strips in water but found that it wasn't quite right for her. Since 1986 she's been working in earnest and has developed her own method.

From her own face she designed a basic silhouette pattern that she cuts into separate sections. These sections are modified to fit the current subject. She dips the prepared segments of bandage in warm water and assembles them on the model's greased face to form a cast.

A mannequin in her garage studio serves as a practice model so that she can smooth wrinkles and cover seams as much as possible.

The entire procedure, including adding various decorations, takes Barrett about eight hours. The masks are personalized with pencil sketching or paint, as well as feathers, shells, stones, jewelry, straw flowers and even sunglasses, berets and scarves.

Besides the time she devotes to making the masks, Barrett's artistic endeavor requires many more hours spent collecting the feathers used for decoration. She is a familiar figure on Albany Hill and at various zoos in the area from Lake Merritt to San Francisco. She is always looking for unusually colored feathers and bought a number of special ones on a trip to China. She's especially interested in blonde feathers, the hardest to find.

Despite the hours she devotes to her artistic pursuits, she says, "It's a hobby, actually, nothing more than that."

Home is a museum

Barrett has turned her museum home, which she calls the Albany Life Masque Museum, into a bed and breakfast in order to support her work. Her avocation is not a money-making venture.

"I just have lots of thanks," she said, "for the people who allow me to make their masks and pursue my hobby."

One of those people is Albany Fire Chief Mike Koepke. Koepke's mask became one of the city officials group display at city hall. "When I saw it I didn't think it looked like me," he said. "But everybody else did."

Koepke's main reason for participating was because he thought it would be fun.

"People who agree to have this done," Barrett says, "have a playful spirit in them."

Ruth Ganong, currently vice president of AC Transit, also commented on her reaction to seeing her own mask. "I didn't recognize myself," she said. She considers that a typical reaction. "We see what we want to see when we look into the mirror. It's not necessarily what others see."

Barrett, on the other hand, always recognizes her subjects in their masks. She can walk through her studio, picking up scattered, unfinished casts and tell who they are and what she's learned about them. She has no need to label them. "Once I touch someone, I really know them," she said. What she sees inside her subjects she then tries

thier home is always open. Many foreign visitors from such places as Japan, Austria, Germany, Chile and England hear about Barrett and come to have their masks done or stay in her bed and breakfast.

The Barretts are also closely involved with life in their Albany neighborhood. Each year they open their home for a fall costume party which for three years has been combined with the annual open house of the Life Masque Museum.

Barrett prefers visitors to come to the open house in costume. "You have to give it flavor," she explained. Many families come, bringing their young children.

Barrett's life is filled with children, who call her Bebe. Nearby Vista School brings classes to tour her museum and

expression," she said.

Although Barrett believes art is better shown in the home of the artist, with the works "in their own atmosphere," she did prepare a life mask display for Albany City Hall last year.

In anticipation of the display, she recruited many local well-known figures as models. "I thought of this Life Museum as an attraction because of the real people behind these masks," she said.

Cheasty, Murdo masks

Ruth Ganong, a former member of the city council, participated for that reason. "It's not exactly my cup of tea," said Ganong. "But she said she was trying to make a record of the city officials for a small museum. I try to accept anything that will further community pride."

Ganong was not sure what to expect but she did not find the experience unpleasant. She also found Barrett to be a considerate artist and a "lovely" person as well as an interesting conversationalist.

Ganong only reported one negative aspect of the experience: though the vaseline helped protect her face from the plaster-soaked bandages, "I had a terrible time washing my hair afterward."

Others who have had their masks made include Police Chief Larry Murdo, then-mayor Robert Cheasty, former city treasurer Jo Ann Conner and George Livingston, the mayor of Richmond.

Labors next theme

Barrett's next goals are to develop a grouping which reflects "labor," which would include her garbage collector, for instance, and to complete 500 masks for her museum.

Perhaps Barrett's greatest thrill so far was her four-night journey on a trans-Siberian train where she made 15 masks of her fellow travelers. One of her bed and breakfast rooms is a gallery devoted to this experience. The masks are displayed there as well as a wall map with the route precisely marked.

Among her models were a doctor from Mongolia, an engineering student named Ludmila working as summer guard on the train and tourists from London, Australia, New Zealand and the Soviet Union. "This was the first time something like this had happened in the history of the train," she said.

At one point, however, Barrett was afraid that all her work would be lost. She was keeping her masks in a clear plastic bag, ready for any eventualty. When the train crossed the Siberian border, it came to a halt and all passengers were ordered off.

Guards came in with machine guns and Barrett could see them prodding and poking the belongings of the other passengers. Unwilling to leave her masks unprotected, she chose to remain on the train despite her tour guide's insistence that she leave with the others.

"What's that?" the guards demanded when they saw the unusual bag. Barrett explained her project to them. "With my broken English and theirs, we were able to communicate with each other," she said. The guards looked at each other, smiled and left her alone, her possessions untouched.

This had never happened before, her guide told her. Outside, Barrett later learned, the other 22 passengers were placing bets on who would win out. Those who bet on the guards lost.

Barbara Chapman was the British tour manager. "One of my greatest joys in life," she wrote in a letter to Barrett, "is collecting new experiences of all kinds. Having my mask made on board a train rattling through Siberia was certainly one of the most unusual experience one could wish for."

Despite the unusual experiences in her own life, Barrett has a straightforward appraisal of what is, after all, just her hobby. "Some people collect stamps or license plates," she said. "I collect faces."

The Albany Life Museum is open by appointment. The museum's annual open house will be Oct. 29 from 5 to 9 p.m. Costumes are requested. The address is 627B and 609 Jackson St., Albany. For information call 528-0595.

She is always looking for unusually colored feathers and bought a number of special ones on a trip to China. She's especially interested in blonde feathers, the hardest to find

to communicate through their life masks.

Barrett is quick to distinguish her work from historical death masks. In death masks, she said, the convex facial forms which give life to the face are flattened down and the result is frozen dead expression.

Life masks, on the other hand, "are very lively realistic portraits."

she enjoys doing art projects with kids in the neighborhood. They are often eager to learn mask making techniques themselves.

Beside teaching them what she can in that area, Barrett offers them opportunities to try creative art exploration. She'll pour vegetable oil on a flat surface, for example, and ask the children to draw the designs they see in the oil. "They see fantastic animals." She's had up



Some of the 373 masks in Barrett's home

Barrett believes that they are useful in the study of anatomy (there are basic technical reasons for all the variations called facial expression) and psychology ("one's thoughts always appear in its (the face's) features").

"I would say," she said, "that the facial muscles are the mirrors of the soul."

Her own "playful spirit," rather than an intensely serious study, is what characterizes Barrett's pursuit of her hobby. She loves to meet people. Last year, she said, about 150 people

came to have their masks done. "Imagine all the people meeting each other here!"

She looks at the masks in her home as she would at old friends. "With sculpture," she said, "it would take forever to do all this."

Barrett's life is full of friends of all kinds. She and her husband, Lee, share their home with one bird, Valentino, two dogs, Caricoa and Tosca, a 4-month old cat named Gorbachev and a steady stream of guests. Her husband is supportive of all her artistic pursuits — she paints and draws, too — and shares her love of opera, which brought them together in 1970.

Besides her plumber, shower door repairman, travel agent and garbage collector, Barrett has designed masks of foreign visitors and Albany city officials

came to have their masks done. "Imagine all the people meeting each other here!"

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Open house

The Barretts camp, bike and fish but when they are home



In her studio Bebe Barrett smooths finish on a face

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Community Folk

By Clara-Rae Genser



In a world geared for sighted the blind require special care

THE ORIENTATION CENTER for the Blind has been on the border of Albany and El Cerrito since 1964 doing an incredible job of training and returning blind people to active, full lives.

In 1951 the state legislature passed a bill mandating a center where blind adults could receive intensive training to offset and overcome the disabling effects of blindness or severe visual impairment.

Under the State Department of Rehabilitation the new center replaced what had been a home and sheltered workshop for the blind in Oakland. It moved to its new home at 400 Adams Street in 1964 and has remained there, quietly working its magic for blind adults and for the rest of the community.

From the time of planning and setting up the new concept of blind care, Allen Jenkins has

been the director and guiding light.

"From the beginning we started training people in exactly the opposite way from the old home and sheltered workshop," he said.

There was a place where people could come and, with intensive preparation, return to their communities and earn a living, often by returning to the trade or profession they had before becoming blind. Jenkins said that 2,500 to 3,000 people have come through the center.

CERTAIN KINDS of problems are central to blindness. The world is geared to the idea that everybody can see. The blind person must learn a series of techniques or methods that permit him or her to function.

Other problems are not necessarily physical. There is the age-old, world-wide

misconception about what blindness is and what it means. They must battle the idea that once a person becomes blind he is not capable of running his own life, working in a trade or profession.

The blind people at the Orientation Center are taught in an atmosphere of reason and confidence where they begin to see themselves in a different way so that they can be the same after blindness as they were before with the same talents and experiences.

They regain their confidence and begin to work toward returning to or preparing for a life in the same way sighted people do.

"We have had great success with people relearning or learning new skills, adopting a new approach to themselves and their abilities and returning to their livelihoods and taking part in the community," Jenkins said. He remembers the lawyers (one became a judge); the physicians; an electrical engineer (he had been an electrician before attending the school); a building contractor; teachers; entrepreneurs and cabinet makers.

Since people come from all over the state, the center provides dormitories. They recommend that people live there for at least the first few weeks of training so that they can return home with confidence in their ability to carry on their lives.

ALLEN JENKINS has been blind since the age of 8 as a

result of an accident. His vision failed fairly rapidly the next three years. He learned Braille and managed, he says casually, to graduate from school as valedictorian of his class.

He was brought up in Texas and went to school there. His father had been born in California and had moved to Texas when he married Allen's mother. He had settled down and gone into business there for several years but there was the inevitable return to California.

Jenkins attended U.C. in Berkeley and graduated with honors. He had worked in a factory and as a counselor when the bill was passed establishing the center. He was one of several people invited to take the test and write a paper suggesting how the center should be established and run.

He came out No. 1 in the examination and on the basis of that and his paper he was hired as director — at the time the youngest director of any California facility.

JENKINS AND his wife, a physician, have five grown children, four of whom live in the area and are active in various things.

"Blindness," said Jenkins, "is not a respecter of persons." It can happen to anyone and it goes across the whole range of the population: age, talent or lack of it, abilities or lack of them, desire and dreams, just as in the general population, he said. Given the training and encouragement, the person who is blind can resume his or her

life and resume a full life as a contributing citizen.

Though the general population often does not understand what the capabilities of blind people are, they do, for the most part, have good will toward them.

As the blind demonstrate their renewed capabilities and adjustments, the "normal" persons accept and applaud their success. "Without that,"

Jenkins said, "the blind person could not hold down a job and take part in the community." He points out that not everyone who becomes blind has the kind of training and encouragement the Orientation Center gives. Without it they too often

become isolated and dependent.

Persons wanting more information are invited to write to the Orientation Center for the Blind, 400 Adams St., Albany 94706 or to the local office of the California State Department of Rehabilitation which is listed in the white pages of the telephone directory under "California, State of, Rehabilitation."

Mary Youngson suggested the *Blind Center and I thank her for it. What do you know about that would be of interest? People, organizations, events, travel? Write to me at 555 Pierce St., No. 443, Albany 94706 or call 525-4585.*

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RESTAURANT GUIDE



ADVERTISING SUPPLEMENT

East Bay Dining

By Michael S. Holmes

FOUR HUNDRED RESTAURANT

The Four Hundred Restaurant at the Park Street Bridge in Oakland is serving lunch and dinner in the tradition of the old Elegant Farmer Restaurant of Jack London Square. The Four Hundred Restaurant has extended this tradition to include Louisiana Cajun specialties.

The luncheon and dinner menus both include crab and shrimp cocktails, sauteed fresh mushroom caps and Cajun gumbo and jambalayas for appetizers.

Entrees for lunch include: the mesquite-broiled New York steak sandwich; calamari steak dore in a lemon butter garlic sauce and blackened Cajun swordfish.

Dinner entrees offer choices from the traditional porterhouse steak, potatoes and vegetables and veal *Oskar* to the Louisiana taste of Cajun fried chicken and deep fried oysters.

The Four Hundred Restaurant is open for lunch Monday through Friday 11 a.m. to 3 p.m., and for dinner Monday through Saturday 5 p.m. to 11 p.m. Closed Sunday. The restaurant is located at the foot of the Park Street Bridge in Oakland. The phone number is 261-1108.

ST. MORITZ RESTAURANT

The St. Moritz Restaurant is once again open having recovered from the fire in late September, 1988. Pierre Verger, chef and owner, has begun serving lunch Monday through Friday 11:30 a.m. to 2 p.m. and dinner Tuesday through Saturday starting at 5:45 p.m.

"We're very excited about our new look and new menu," commented Verger, "the interior has been redecorated to give a lighter, and brighter atmosphere. Our tables are covered with forest green over white tablecloths which complements the salmon-colored Villeroi and Boch showplates."

The menu is a *la carte* with an emphasis on dishes prepared to suit today's trend toward lighter eating. Everything is prepared in their kitchen including the country-style French bread made of a wholesome combination of whole wheat and white flour. Desserts range from a traditional creme caramel to a delicate apple mousse on a sweet pastry crust, topped with an apricot coulis and served with a caramel sauce.

The St. Moritz Restaurant is located at 20955 Mission Blvd., in Hayward. Reservations are recommended and can be made by calling 278-4224.

THE FAT LADY BAR AND RESTAURANT

The Fat Lady Bar and Restaurant, near Jack London Square in Oakland, has been the premier businessperson's lunch spot for over 20 years. Enhancing this reputation is the addition of serving breakfast and lunch on Saturdays.

The tempting breakfast menu includes pancakes, omelettes, a wonderful eggs benedict and delicious French toast. Saturday lunches include hearty sandwiches and salads.

On Friday and Saturday night things really start happening when the Fat Lady sings. On these nights you can participate in open mike sessions accompanied by Maddalene Edstrom and John Myers on Friday, and on Saturday sing along with Gary Newman and Dan Moreno. The entertainment begins at 9 p.m. and ends at 1:30 a.m.

The Saturday breakfast and lunch hours are 8 a.m. to 2:30 p.m. and the famous lunch menu is served Monday through Friday 11:30 a.m. to 2:30 p.m. The Fat Lady Bar and Restaurant is located at 201 Washington Street in Oakland near Jack London Square. The phone number is 465-4996.

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THE VULCAN CAFE

Another best kept secret has been leaked to the public at large. The Vulcan Cafe located in industrial Oakland has been serving the art and industrial communities some of the best home cooking to be found in the East Bay.

Adam Levin, part of the new management team, has retained the down-to-earth feel of the cafe where on any given afternoon your table mate might be a stockbroker, metal arts technician or neighborhood local in search of a 6 oz. prime char-broiled Vulcan burger with the works.

The menu at The Vulcan Cafe include favorites like Scram on the Lam, (bacon and scrambled egg sandwich with a medium coffee to go) and the famous green chili burger served with a choice of cole slaw, carrot or potato salad. My favorite is of course baked ham and swiss on rye.

The food is great and the art on the walls changes every two to three weeks. The black and white photography show on the walls when I was there was an interesting contrast to the black, pink and green floors. Local artists can exhibit by contacting the art director through Adam Levin.

The Vulcan Cafe is open seven days a week, serving breakfast, lunch and dinner from 7 a.m. to 10 p.m. Monday through Friday. Saturday and Sunday brunch is served 9 a.m. to 3 p.m. The Vulcan Cafe is located at 915 45th Avenue, in Oakland, the phone number is 536-6303.

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Sports In Action

Past powerhouse image haunts Berkeley

By Adam Epstein
Special To The Journal

The Berkeley High Yellow-jackets (0-2 in league play and 2-3 overall) are on a mission. With a new field, new coach, and new equipment, the Jackets are trying to reshape their own football program in the image of the powerhouses of yesteryear.

Concord's De La Salle Spartans (1-1, 3-2) came into last Friday's Bay Valley Athletic League's matchup looking for a blowout over their long-time rivals to prove that the two upsets they suffered earlier in the season were just flukes.

De La Salle won the game, 28-12, but they did not look like the Spartan team of the past. And Berkeley looked very much like a team on the rebound.

In Berkeley's previous game, the Jacket defense was ineffective and the offense was hot; this

week, the offense sputtered while the defense was stingy with the yardage they allowed.

The Spartans were uncharacteristically sloppy, committing five fumbles in the first half. Unfortunately for the Jackets, who were playing their first home league game in over three years, De La Salle ended up recovering most of the loose balls.

De La Salle's first score came after one of these fumbles landed in the end zone. The officials ruled that the ball was recovered by the Spartans' Marlon Blanton (19 carries, 137 yards) for a touchdown. One failed kick later, De La Salle (ranked sixth in the country by *USA Today*) led 6-0.

Berkeley was determined to beat their rivals and although quarterback Marcus Oden couldn't get the passing game in gear, the offense still managed to get on the scoreboard.

Tailback Larry Cook took a pitchout right and left a sea of

white-shirted Spartans in his wake as he cruised for a 79-yard touchdown run. The Jackets had tied the score 6-6. After a sloppy first quarter the fans in the packed Jacket Stadium felt that Berkeley might have a chance to

touchdowns on an eight-yard run. Clinch converted the two-point try with a three-yard run.

Blanton went three yards up the middle for his second touchdown of the game. The extra point was good and the Spartans looked like

fense, famous for their halftime adjustments, could manage only one more score against the punishing Jacket defense anchored by Rich Levi, Lloyd Key and Kashta Dallas.

Chris Clinch ran for six of his 106 yards, for his second TD of the game. Another PAT and De La Salle led 28-6.

The offense finally put together a score when the Jerry Rice-Joe Montana-like combination of Marcus Oden and senior wide receiver Matthew Finnie teamed up for a 13-yard touchdown. Finnie leaped over two Spartans to catch a perfectly thrown pass from Oden to make the score 28-12. The Jackets failed on their attempt at a two-point conversion.

There is a plethora of reasons behind the offensive problems. The first is simply that the blocking schemes were poor, allowing De La Salle to stop the running game, and pressure Oden instan-

taneously when he went to pass. Also, the offense, which has been flat, could become demoralized with consistent. These problems solved with a week of rest and the offense will return to top form for row's game against Valley.

The defensive performance was impressive. Moments of brilliance, coupled with consistency, were what the Jackets have lacked in. The defense allowed only one touchdown and totally obliterated the Spartans' attempt at a passing game. Should they keep this defense will have no stopping VV (0-2, 3-2) next week.

Friday's game against Valley should be the Jackets' last in the league. The game will be played at Los Medanos College.

'Berkeley was determined to beat their rivals, and although quarterback Marcus Oden couldn't get the passing game in gear, the offense still managed to get on the scoreboard'

pull the game out.

The Jacket defense was nearly impenetrable throughout the game, but De La Salle scored because of consistently good field position as a result of the ineffective Berkeley offense.

In the second quarter the other Spartan workhorse, Chris Clinch, scored the first of his two

they might run away with the blowout that they were hoping for with a 21-6 halftime lead.

Berkeley's offense continued to stall in the third quarter and it wasn't until the Spartans sent in the lower ranks of the defense that the offense moved the ball.

Meanwhile, the De La Salle of-

Football, volleyball play earns wins; running squads yield mixed results

By Keith Conning
Special To The Journal

Berkeley opened its Bay Valley Athletic League cross country season with two victories over Antioch, considered the second best team in the league. The meet was held at Tilden Park over a demanding three-mile course. The varsity race starts in the model airplane field, climbs 1.4 miles up the Sweetbriar trail to a junction near Inspiration Point, drops down the Curran trail, and returns on the Wildcat Gorge trail to the Meadows Playfield.

Berkeley defeated Antioch 26-29 in the boys' varsity competition. The team was composed of Shumey Mamo (first in 17:22), Matt Calvert (fourth in 17:48), Jason Eshleman (sixth in 19:16), Robert Choy (seventh in 19:23), John Schaar (eighth in 19:24), Dylan McReynolds (13th in 20:54) and Juan Jasso (14th in 21:42).

The Berkeley girls' varsity team also defeated Antioch, 24-31. The team was made up of Solange Belcher (second in 22:03), Tamar Todd (third in 22:07), Adriane Frye (fourth in 22:59), Krista Malmstrom (fifth in 23:33), Claire Johnston (10th in 25:11), and Megan Lindow (13th in 26:55).

Runners fly over rough Tilden run

By Don August
The Journal

EL CERRITO — Sports fans have many good things to cheer about lately, especially last week's results. It was a week of victories for El Cerrito football and volleyball teams along with some impressive performances on the racing scene.

Football. On the varsity front the Gauchos continued their winning ways by defeating Clayton Valley 34-14 and are now 2-0 in league play.

Antonio Fant and Will Hollins drove Clayton Valley crazy, enabling the Gauchos to score 14 fourth-quarter points. During the game Fant carried the ball 14 times for 140 yards. Hollins ran for 137 yards on 17 carries.

Quarterback Rayneal Simpson also had an impressive evening throwing touchdown strikes of 41 and 47 yards both to Henry Warren.

Junior varsity. Quarterback Mike Prelock threw two touchdowns and fullback Lorrell Aldridge carried for 60 yards and a touchdown. The junior varsity Gauchos defeated Clayton Valley 27-6, raising their record to 2-3. At the freshman level the Gauchos weren't as fortunate. They lost to Clayton Valley 20-0, dropping their record to 1-2-1.

Volleyball. The varsity volleyball squad captured two more victories last week after getting great performances from a number of players. They first defeated Antioch in a wildly contested match that went five games before being completed. The Gauchos won by scores of 16-14, 17-19, 11-15, 15-12 and 15-12

The Antioch junior varsity boys' team defeated Berkeley, 25-34. The junior varsity course is two miles long. The Berkeley team was composed of Michael Grimes (second in 14:16), Daniel Packard (fourth in 14:31), Chris Pawsey (fifth in 14:44), Justin Pritchard (13th in 15:28), Matt Hartman (14th in 15:35), Kenji Hughes (16th in 15:57), Stefan Hack (17th in 16:01), Nick Young (18th in 16:14), John Cornet (19th in 16:35), John Palmer (20th in 22:33), and Jon Seaton (21st in 22:39).

Berkeley had three junior varsity girls competing: Ona Stiles (second in 18:25), Leslie Charlson (third in 18:27), and Rachel Garlin (sixth in 19:33).

On Saturday, the Berkeley team participated in the 2.3-mile Artichoke Invitational at Half Moon Bay High School.

The girls' varsity team placed fifth with 162 points. The team was composed of Tamar Todd (14th in 15:21), Adriane Frye (23rd in 15:46), Solange Belcher (24th in 15:46), Krista Malmstrom (41st in 16:30), Kelda Malmstrom (60th in 17:39), and Claire Johnston (65th in 17:46). There were 105 finishers.

The boys' varsity team was made up of Matt Calvert (22nd in 12:34), John Schaar (71st in

13:30), Ryan Blanchette (92nd in 13:50), Robert Choy (103rd in 14:19), Jason Eshleman (107th in 14:42), Michael Grimes (108th in 14:45), and Juan Jasso (113th in 15:00). There were 123 finishers.

Berkeley had two junior varsity boys competing: Chris Pawsey (42nd in 14:52) and Nick Young (70th in 16:19). There were 83 finishers.

Matt Hartman placed 65th in 15:06 in the boys' frosh/soph race.

The girls had two frosh/soph competitors: Megan Lindow

(27th in 18:09) and Leslie Charlson (36th in 18:32). There were 74 finishers.

In the freshman boys' race Jonathan Seaton placed 54th in 19:04 and John Palmer was 58th in 21:51. There were 61 finishers.

Meanwhile, Shumey Mamo finished 20th in 16:42 over the hilly 5,000-meter course around the Stanford Golf Course in the prestigious Stanford Invitational. Jeremy Seven of De La Salle, defeated by Mamo at the San Ramon Invitational, took third in 16:01.

Water awaits

Albany pool opens

ALBANY — The swimming pool is posting an open call for potential fantasy mermaids, aquamen, swimmers who've always wanted to be like Esther Williams, Johnny Weissmuller or Greg Louganis, dancers who love the water and swimmers who are tired of laps. Casting is for women, men, girls and boys.

Synchronized swimming is a rhythmic way to fitness and creative expression. Albany's team, "Golden Gate Synchrony," will perform in local productions. Swimmers will also get oppor-

tunities to travel to competitive conferences, thematic interpretive, Olympic sport.

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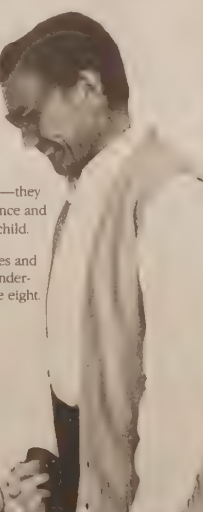
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AUTO

New Oldsmobile appeals to wide spectrum

Dad should have this car

I drive many new and old automobiles every month. A few of them are humdrum sedans with little in the way of character or performance and others are so fast they can take your breath away.

The majority, however, fall into a class of pleasant acceptability which most manufacturers seem to deal with quite adequately these days. Oldsmobile is one of those companies, but it would seem it is now aiming for a higher caliber of vehicle.

That now-famous line, "This is not your father's Oldsmobile," has become pleasingly true and I have enjoyed several of the new generation of Oldsmobiles recently. One of my favorites is the Quad Four engine Cutlass Calais International Coupe.

Not only is it a flashy looking package, but it is quite capable of delivering an all-round performance and comfort package that will easily satisfy a wide spectrum of drivers.

A new breed

In many ways, it's hard to imagine that an Oldsmobile could excite the "automotive juice of one's mind," but the boys back in Lansing, Michigan have honed their skills at packaging a new breed of American domestic automobile.

The Calais is a perfect example. It is available in several different versions from stripper to the top flight International Series Coupe. The Coupe became my wheels for over 600 miles about the Bay and Sacramento travel area. I was looking for an old British sports car for a buddy from England who was visiting at the time.

We visited many exotic car dealers, new and used, in and around both metropolises but at first found nothing in a suitably original condition. We did, however, get to drive a few of them in our search and finally purchased a 1953 MG TD.

These drives with the MG brought back many memories; wavy steering, bad brakes, lousy heaters and hair-raising handling. Finally, I'd loved all those things about the sports cars back then, but today they leave me cold.

As I walked away from driving

Auto Scene

David Fetherston



the last one, I thought, "Am I getting soft or are those old MGs that bad?" I don't think I'm getting soft.

I was instantly glad to get back behind the wheel of the Olds Calais. Here I had excellent handling, braking and performance all wrapped up in a comfort package.

Seats five

Inside, it can seat five but the rear seat, while having excellent head room, offers only marginal leg room for rear seat passengers, especially if the front passengers are more than 5 feet 10 inches. The rear seat is quite usable for two children with three at a squeeze. Once your children make the seventh grade and above, it's time to move to a bigger vehicle anyway.

The front seats are well formed, but offer only limited adjustment. They slide well forward for rear seat entry and are covered with a textured fabric which I found warm and comfortable for extended driving.

The dash is simple with a well-defined set of gauges showing speed, engine rpm, oil pressure, water temperature, electrical and fuel level. The center console also contained an information computer which had an instant fuel economy and range readout, oil life and time. We recorded 23 miles per gallon on the fuel computer but 28 on our work sheet.

The oil life indicator is a new electronic whiz which can determine the remaining oil life quality in percentage terms and indicate when an oil change is necessary.

The air conditioning, stereo tape and heater system functioned fine. They are all within easy



The '90 Oldsmobile Cutlass Calais Coupe features a Quad Four engine, comfort, and easy handling.

reach and are designed with simple slide or turn function switches.

Revolutionary four cylinder

Powering the International Series Calais is the H.O. Quad Four engine. This engine is a revolutionary new four cylinder from GM. The Oldsmobile division originally developed the motor, but it is going to be used by other divisions for production models.

The Standard Quad Four produces a sizable 160 horsepower but the H.O. or High Output version in the International Series pumps it up to 180 horsepower. On the road, this translates into a

very nippy 2,800 pound vehicle with a power-to-weight ratio of about 15-to-1, a number which is similar to a current model Corvette.

Off the line it does take some getting used. The Quad Four needs to be revved to get it moving and after having driven several sedate family sedans over the previous weeks, the Quad Four Calais' need to get the revs up to move off was quite noticeable.

Under heavy acceleration the power train does get noisy but once at cruise, the noise and vibration level goes down to a low background quaver. Hooked up with the Quad Four is a Getrag German five speed transaxle. The shifter is commendable with a

slick, sporty shift action.

Our International Series came with the FE3 suspension package which includes forged alloy wheels with uprated shocks, springs and a quicker 14-to-1 ratio for the rack-and-pinion steering. This assembly of components gives the little two-door a firm foothold on the road surface.

On the freeway, it seems to cut along at a fine pace. Concrete slab surfaces disturb its smoothness somewhat but on slick paved surfaces, it cruises like a jetliner.

On the twisty parts, I found it a pleasure. The Calais reminded me of several import coupes I had driven but it has a more muscular feel.

The body styling is a boxy aero. The grille is closed off and comes with front air dam, side rocker skirts and a rear wing. Our all-red version looked quite stunning and attracted many favorable comments.

I did enjoy my time with this well-optioned version of the Calais International Coupe. It soothed me with its many fine features and I was surprised to find it so well-integrated.

Cost for a similar version would run around \$18,000, but one thing's for sure, although the International Series Cutlass Calais is not your father's Oldsmobile, I sure wish my dad owned one.

Cars emit 40 percent of pollutants

Three out of five Americans — approximately 150 million people — are forced to breathe polluted air, and about 40 percent of all outdoor air pollution is attributable to motor vehicles, the American Lung Association reports.

A leading advocate of improv-

ing the air we breathe, the ALA points out that motor vehicles are a major source of carbon monoxide, hydrocarbons, and nitrogen oxides.

The latter two pollutants, which combine with sunlight to create unhealthy ozone smog,

are harmful to everyone, but they are especially dangerous for the most vulnerable people — including children, the elderly, and people who are chronically ill with serious lung ailments such as emphysema, chronic bronchitis and asthma.

Some of the hydrocarbons are also known to or suspected to cause cancer.

Ozone pollution is also particularly hazardous to the 5 to 20 percent of exercising, healthy, normal adults who may have a strong negative reaction when

they are exposed to ozone. Ozone can cause immediate, short-term breathing difficulties in healthy adults and children who exercise moderately or heavily when ozone levels are high.

In their daily routines, few people think about the relationship between proper car maintenance and emission levels. New cars are designed to run with relatively low emissions of carbon monoxide, hydrocarbons and nitrogen oxides.

And the level of these emissions is directly affected when the car is not properly maintained. Emission systems should be checked regularly.

Car owners are also warned not to disconnect or bypass emission equipment, as this can adversely affect proper vehicle performance and increases air pollution. It is illegal for repair garages, service stations, fleet operators, muffler shops and fuel distributors to engage in equipment tampering, and they can be subject to heavy fines.

Motorists who indulge in fuel switching — when leaded fuel is substituted for unleaded — often mistakenly believe that by using

The American Lung Association advocates a stronger new federal Clean Air Act, including new emission standards.

cheaper leaded gas they are saving money and are also getting better car performance. Actually, neither is true.

Leaded gas will cost them more in maintenance in the long run. It dirties the oil, reduces spark plug life, corrodes the exhaust system, and destroys the car's pollution control device — the catalytic converter.

The American Lung Association advocates a stronger new federal Clean Air Act, including new emissions standards for cars and trucks that take maximum advantage of the technological improvements of the 1980s. For all motorists, the ALA joins the nationwide effort to promote better car care by offering two suggestions.

Have your car checked regularly to make sure emission control systems and other equipment are in good working order.

Contact your local American Lung Association for additional information on air pollution, pollution control, tampering and fuel switching. Ask for the "Car Care and Clean Air" and "Tampering-Fuel Switching" brochures.

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PUMPKIN PATCHES
And Christmas Tree lot managers needed for sales. And also help needed to set the lots up. Hard work, long hours. Work available until January 15th. Please call 527-9672

PART-TIME on call phone interviewers, no selling involved. Will train. Need punctual enthusiastic person with good phone voice, sales experience or computer experience desirable. \$6 hour. Call 655-9413 Monday through Friday 8:30-4:30.

PART-TIME on call experienced phone interviewers, 1-2 years experience with computer surveys. Need references. \$9 hour. Call 655-9413, 8:30-4:30.

PART-TIME position available. Nutrisystem is looking for a weight consultant. Must be outgoing, positive and people oriented. Ask for Noelle at 232-1951

HOUSECLEANERS to work for professional maid service. Full-time. Experience and transportation a must. 444-5448

401 Help Wanted

City of Piedmont

Invites applications for MAINTENANCE WORKER
This position performs semi-skilled and skilled maintenance tasks as they relate to City traffic, sewer and drainage facilities. Duties include operating trucks and power tools, assisting in repair and construction of streets, sidewalks, curbs and gutters, repairing traffic signs and signals, assisting in repair of sanitary sewers, storm drains, and catch basins. Performs heavy physical labor as required. Salary: \$1852-\$2251 per month. Apply at the City of Piedmont, 120 Vista Avenue, Piedmont, CA 94611 or call (415)420-3046 for an application. Applications must be submitted on a City of Piedmont application form. Deadline: 5 p.m. October 20, 1989.

LAND USE PLANNER

City of Piedmont, CA
Salary \$30,804 - \$37,440
Under general direction of the Public Works Director, processes development applications for various uses, permits, general plan amendments and design review. Prepares and presents Planning Commission reports as required. Reviews plans to insure compliance with zoning ordinance specifications, state laws and conditions of approval imposed by the Planning Commission and City Council. Qualifications: Graduation from an accredited college or university with a major in urban planning or closely related field and two years experience in planning, including experience in project review, California Planning Law and report writing. Design review experience and a Masters degree in planning or closely related field are desirable. Apply by 5 p.m. October 20, 1989, to the City of Piedmont, 120 Vista Avenue, Piedmont, CA 94611 or call (415) 420-3046 for an application. An Equal Opportunity-Affirmative Action Employer.

CAREER - not a job, for enthusiastic person. Full-time front desk position in Holistic Chiropractic office. Includes: scheduling, collections, insurance billing, bookkeeping, 50 words per minute, 10 key. Own car. Previous front desk experience preferred. 852-2302.

RECEPTIONIST. Chiropractic office. Solano Avenue. Approximately 24 hours. Probably Monday, Wednesday, Thursday, 10-6 p.m. \$7-8 hour. Phones, appointments, filing, office maintenance. Call Natural Balance 524-5800

EXPERIENCED office assistant-a secretary to three professionals in Montclair home-office. Word Perfect. Call Cynthia 530-2104.

COUNTER person, approximately 30 hours per week, good pay, will train. In Montclair. 339-0771.

PERMANENT part-time position for office assistant in life and health insurance brokerage firm. Typing, filing and customer service. Computer knowledge helpful. Downtown Oakland office. Call Zinnia for interview, 452-0458.

WE have a position for an energetic, detail oriented individual to help develop a growing women's lingerie- children's wear shop within our contemporary general stores. Please call Connie B. at 845-3000. Whole Earth Access, Berkeley.

LANDSCAPE MAINTENANCE

Maintain and keep neat and tidy. Must be experienced and knowledgeable with clear record. Return Landscaping, 444-3830.

APARTMENT Managers. Handy, reliable, due to manage 30 units in North Oakland building near Lake. P.O. Box 877, San Leandro, CA 94577.

HAIR STYLIST

Unique hair salon in Elwood, Berkeley. Has space available. Rent or commission. Hours 10 to 6. Some clientele needed. Great place to build fast. 841-2946.

DELI counter person, mature, part-time including weekends, friendly, energetic. Alcatraz Luggage, 6363 Telegraph, Oakland, 653-6418.

RECEPTIONIST part-time in comfortable, friendly optometric office. Seeking outgoing personality, phone and light typing skills. Call 832-3162.

LAYOUT ARTIST

Newspaper advertising layout artist to design speculative layouts and special sections for growing weekly East Bay newspaper group. Experience preferred. Two days per week. Call Mr. Husted 339-8777.

401 Help Wanted

Fun and exciting job openings at Domino's Pizza. Work day or part-time, day or night, \$10- \$12 hour. 40 openings, must be 18 years or older with own car, insurance and good driving record. Apply in person any day after 4 p.m. or call for appointments at 652-8077 (229 Ashby) or 649-9000 (2127 University). 526-9346 (1421 Solano).

ADMINISTRATIVE ASSISTANT. Oakland coffeehouse needs your solid skills: minimum 2 years experience, key 60, 10-key, bookkeeping, computer, phones, reception, valid driver's license, dependable. Great work place! Call 465-1557 mornings.

CAREER - not a job, for enthusiastic person. Full-time front desk position in Holistic Chiropractic office. Includes: scheduling, collections, insurance billing, bookkeeping, 50 words per minute, 10 key. Own car. Previous front desk experience preferred. 852-2302.

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Help Wanted

Designers Assistant
Self motivated, super-organized, enthusiastic, energetic, person and person oriented to assist with production and shipping in exciting, growing field. Will train. Flexible hours. Need car. 531-2575.

SECRETARY 3
CENTER FOR CAREER PLANNING
Answer phones, greet clients, maintain appointment books, typing, duplicating, filing, processing experience. \$1091-\$1500 per month. Excellent benefits: 11 months vacation, 401k, dental, vision, life insurance. Apply by October 20, 1989 to:

Director of Personnel
HILLS COLLEGE
Oakland, CA 94613
E.O.E. MFFH

RECEPTIONIST full-time, 37 1/2 hours week. Typing, computer, insurance. Salary \$544-\$53, 7329 even-ings.

TECHNOLOGIST, General
Biography, some ultrasound, heart office in San Leandro, Monday, Friday.
\$1200-1500 per month. Apply by 12 year old boy, good high school, Berkeley and Oakland, Wednesday, Friday, 6 p.m. - 7 p.m., \$7 per hour, own car or drive stick shift, excellent driving record, 401k.

RECEPTIONIST,
RECEPTION SERVICES

DO YOU RATE
HIGH ON THESE QUALITIES?

PROFESSIONAL PHONE
EXCELLENT COMMUNICATION
SKILLS

PERSONALITY
INTEREST IN HEALTH AND
WELL-BEING

We will provide a rewarding
career that includes heavy
bonus and profit sharing.
Positions are available in
following centers:

Center, please call:
May (415) 763-3991
Center, please call:
May (415) 763-3991

NUTRI SYSTEM
WEIGHT LOSS CENTERS
E.O.E.

DIETITIAN
NUTRITIONISTS
DIETICIANS
LVNS
MEDICAL
ASSISTANTS

DYNAMIC, OUTGOING
AND ENTHUSIASTIC!!
We have the qualities that de-
fine a professional. You have the
drive and background in nutrition,
license individual weight loss
center. We offer specialized
training and a competitive salary.
New openings. Full-time
positions are available in
the following centers:

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DIETITIAN
NUTRITIONISTS
DIETICIANS
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MEDICAL
ASSISTANTS

401 Help Wanted

TYPIST
Input copy into PC approximately
six hours per week. Tuesday and
Wednesday evenings. Some PC
experience helpful. Must type at
least 40 words per minute accu-
rately. Call Jessica Vandevor,
The Montclair, 339-3953, Tues-
day, Wednesday or Thursday.

LEGAL TRAINEE
Strong typing and secretarial
background. Train all else. \$10.50
per hour. Temporary to permanent.
Also Legal Secretary. Walnut
Creek. Amy, Key Temps,
932-6795.

**SMALL business needs part-time
bookkeeper, \$10 hour, 25 hours a
week. Call Joan 525-0999**

SECRETARY, part-time 20 hours
per week. Must know word perfect
5.0, Lotus a plus. Primarily word
processing and general secretarial
duties. Non-smoker. 835-8059.

**WANTED experienced carpenter,
all phases of construction, \$12-
e \$15 per hour. Call Rich
531-3611.**

**ASSISTANT manager for deli
bakery. Experience preferred,
competitive wages, bonuses. Ap-
ply at 4301 Piedmont Ave.**

SECRETARY, Assistant for real
estate company. Wordprocessing,
filing, errands, part-time. Contact
Rusty, Shon Property Company
530-3040, 8:30-5, Monday-Friday.

BAGEL, Deli counter person
needed immediately. Competitive
wages, bonuses, flexible schedul-
ing. Apply: 4301 Piedmont Ave.

BOOKKEEPER, full charge. Part-
time for Oakland construction com-
pany. Computer experience. Call
Greg Nichols at 652-4712.

LITIGATION SECRETARY, Lake Mer-
rit office, 15-20 hours week, \$12
hour. Hours flexible. Call
652-2159.

PARTY SHOP, part-time, flexible
person needed to cashier on Sat-
urdays and to fill in during week at
busy times. \$5- \$6 hour. Linda
547-4149.

TEMPORARY EMPLOYMENT

WE ARE BUSY!

We have immediate
need for:

* Word Processors
* Data Entry
* Secretaries
* Accounting

* Recruiting Personnel
* Customer Service
* Medical Transcriptionists

REFERRAL BONUS!!**

Must type 40 WPM to qualify
Call for information:

madsen
Personnel Services
Oakland 836-1018
Never a feel

DENTAL Assistant, Montclair. We
need an enthusiastic and consis-
tent person searching for a
good challenge and great benefits.
32 hour week. 339-9446

**FASHION INDUSTRY
RECEPTIONIST**

Lots of activity for bright, willing to
learn person. Type 40.

Personal Assistant to President
of small company. Casual at-
mosphere. Need excellent phone
skills, type 55. To \$20,000

Assistant to Project Manager
Work for fast growing business
with fun team atmosphere. Good
benefits. WordPerfect. To \$19,200

Receptionist with excellent speak-
ing voice to work in fast-paced in-
vestment firm. Exciting! Type 40
accurately. To \$18,800

madsen
Personnel Services
Oakland 836-1018
Never a feel

ROUTE sales, delivery for special-
ty foods wholesaler. Customer ser-
vice, math skills, energetic and
clean driving record essential.
Hourly plus commission, 40 hours
weekly. (Start 4:30 a.m.) 655-2918.

TOP aerobics studio now hiring
personable fitness conscious front
desk person, 15 plus hours week,
some evening and weekend hours
required. Call 530-8937 to set up
interview.

EXPERIENCED babysitter needed
for top aerobics studio, early even-
ings and weekends. Call 530-6937.

TEACHER, child care program,
creative arts, sports, 12 to 5:30,
Oakland Hill area, experienced.
531-0137.

6 hour experience child care worker,
knowledge of infant-toddlers,
love children, willing train, have or
be willing to get Early Childhood
Education units. 848-4653.

HELP me learn how to use my Mac-
intosh Plus computer. 530-5331
evenings or early mornings.

TEACHERS Aide 3 hours a.m.- 5
days week. School yard aide,
lunch time, 5 days week. Com-
puter instructor, 7 hours per week.
841-5547, leave message.

CLERICAL

SECRETARIES
WORD PROCESSORS
TRANSCRIBERS

HIGHEST PAY! SHORT AND
LONG TERM JOBS

\$\$\$ NOW

S.O.S., 600 San Pablo Avenue
Suite 204, Albany, CA.

527-4163

401 Help Wanted

ANTIQUE mall clerk. Retail expe-
rience and appreciation for anti-
ques and collectibles preferred.
Berkeley Antiques & Collectibles
Mall, 528-3327.

402 Child Care Domestic

WE need nannies Our agency has
more than 50 jobs, both live-in and
live-out. Salaries are \$800- \$1800
per month. If you love children,
can drive, and have good refer-
ences, call Mothers in Deed
326-8570.

SKYLINE High area: Mother's help
for home child care, girls (6,
9), Car needed. 3 days-week, 9-5.
632-9134.

HOUSEKEEPER 20 hours per
week, mornings. Cleaning, laun-
dry, grocery shopping, errands.
References required. 526-7268.

NANNIES HELP!

We need nannies for permanent
live out, live in or part-time jobs.
\$5- \$8 hour.

BE IN OUR CARE AGENCY

933-2273. No fee.

PART-TIME child care, 2 older
girls, Merced, Monday, Tues-
day, 10-15 hours week. Non-
smoker, own car, references re-
quired, good salary plus mileage,
839-8638

LIVE-IN child care for newborn and
toddler. English required. Nice pri-
vate home, weekends and most
evenings off. Call Barbara
839-1120.

FULL-TIME child care needed for
4 month old, our Montclair home,
references. 339-3119.

PLAYGROUP wants another 2 1/2-
3 year old, 1, 2, or 3 mornings,
Monday, Wednesday, Friday,
North Oakland. We rotate hours.
Call Kathy 655-9573, 4:30 hour.

BABYSITTER, Rose Garden area,
Monday-Thursday evenings, 5-10
p.m., 2 children. Needs car.
652-0368

SHARE our fun, loving, creative
mature provider. Full-time for 20
months plus. Glenview, 530-1844.

ADORABLE 9 month old baby boy
needs responsible caretaker 4
days a week, Tuesday through
Friday, 7:30 a.m.- 6:30 p.m. in our
Rockridge home, light housekeep-
ing required. 654-9741.

BABYSITTER for 16 month old
child, 3 mornings per week, pay re-
gionable. Call Clara, 436-6382

HOME care position, 24 hour live-in,
2-5 days week. Domestic com-
panion for the elderly and handi-
capped. Benefits available, good
English, driver's license. Able
Care. 685-4704

ATTENDANT child care, live in, sa-
lary plus room and board.
525-1777

WARM, energetic child care
needed for baby in our home, 10
hours daytime per week and occa-
sional evenings, 465-3878

CHILD CARE (3 year old girl), er-
rands, laundry, Skyline area, Mon-
day- Friday 3- 8:30. Non-smoker,
car needed. Jackie, 652-4455
(work), 339-3352 (evenings).

CHILD CARE

Live-in and care for 2 children in at-
tractive San Ramon home. Se-
parate room, bath. Car and references
required. \$100 month, no applica-
fee. 652-3210.

FAMILY HOME COMPANIONS

AL Pair: Help mother at home with
3 children. Private room, bath, car
available. Near U.C. Berkeley
Non-smoker, driver's license, good
toddler and pre-school skills, re-
ferences. 849-9464

SHORT-TERM part-time babysit-
ing in Berkeley. Private room, bath,
car available. 15-20 hours per week, mostly
a.m., including Fridays. Great
kids, pleasant environment. Expe-
rience, references, fluent English
required. 656-4227.

CHILD CARE, full or part-time, 1 1/2
and 3 1/2 year boys, Montclair, car
required, references. 339-9363.

FULL-TIME child care needed in
our Rockridge home for our loving
4 month old girl. Non-smoker. Ex-
perience, references required.
Start October 30. 653-4680.

NANNY NEEDED

Two children, Piedmont, live-in,
\$1400 a month. Two recent nanny
references, driver, non-smoker.
BE IN OUR CARE AGENCY
No fee. 933-2273.

CARING, responsible child care
for charming boys (ages 2, 6), nice
family. Live-in or out Piedmont
home. Large, private quarters, car
available. Must drive, non-smoker,
personal references. Salary based
on qualifications. 653-6188, or
message 653-3515.

404 Work Wanted

BERKELEY High Students avail-
able for part-time work. Career
Center 548-5527.

COMPANION, domestic 24 hour
live-in care for elderly and handi-
capped in your home, full-time,
part-time, experienced, bonded.
ABLE CARE 685-4704.

A CARING CONNECTION

Bonded, quality home care in-
cludes personal care, housekeep-
ing, companionship. Call Karen,
524-8076

404 Work Wanted

CERTIFIED Nurse, Health pro-
vider, assist family in patient care,
flexible hours. Car, insurance, re-
ferences. 531-6401.

LOVING, gentle, creative, experi-
enced, committed babysitter,
seeks 2-3 babies-toddlers. Three
day week, 534-9928.

NURSE Aide, Needs work helping
the elderly. Will do personal care,
take to appointments, shopping,
light housekeeping. Excellent re-
ferences, good transportation. Call
Meiba 568-4425.

501 Business Opportunities

IS YOUR BUSINESS FOR SALE?
Interested in Acquiring Northern
California Manufacturing or Dis-
tribution business with a potential for
growth. The ideal business should
require capital, marketing man-
agement and a unique product
position.

If you are interested in selling all or
part of your business, please send
a brief business description and
product brochure to: Box K, 6208
La Salle, Avenue, Oakland, CA
94611.

WASHERS and dryers. Kenmore
Whirlpool. Reconditioned and re-
built. Guaranteed 90 days. De-
livery available. 548-4419 anytime.

MINI-BLINDS

Discount prices on custom Sunflex
mini-blinds and Louverdrapes
pleated shades. Draperies too.
Free estimates and installation.
Marsh Interiors 689-7540.

COMPLETE 7 piece dining set,
teak finish, brass trim, like new,
table, 4 chairs. China cabinet with
interior light and server. \$3000,
best offer. 547-2388

ANTIQUE pine dresser with mirror
\$170. Bunk beds \$100. Antique
dining room table \$100. 526-7628.

QUEEN size sleaper sofa, excel-
lent condition. \$450 or best offer.
974-5030 days; 482-8329 even-
ings.

SOFA 94" gold brocade, down fil-
led cushions, 2 custom upholst-
ered chairs, mint condition,
531-2604

MAHOAGNY Duncan Phyfe dining
room table, 44", pads, 3 leaves,
excellent condition, \$700. 6 Queen
Antique chairs, \$500. 531-3563.

WHIRLPOOL washer, gas dryer.
Recently purchased. Excellent
condition. White. Must move. Both
\$75. Helen 655-6717.

SOLID oak dining table, leaves, 6
chairs. Excellent condition, \$1100
(value over \$2200). 531-6468 even-
ings.

HENDREDON walnut dining room
table, 2 leaves, Folio II, \$1400,
655-4784

MULTI-PURPOSE water filter, stainless
steel, under sink model, brand
new, not used, \$240. Annette
688-6048

MAHOAGNY desk, oak file ca-
binets, tables, 1940's style sofa
and more furnishings. Call Suzy
482-3721.

602 Antiques Art

**BERKELEY ANTIQUES AND
COLLECTIBLES MALL**

first opens noon Saturday, Octo-
ber 14. Twentysix dealers with
vintage fashions, art deco, primi-
tives impressive furniture, fascinat-
ing collectibles. 1370 Tenth Street
(off Gilman) 528-3327.

BLOCK Sale. Saturday, October
14, 9-5, Elston Ave. between East
38th-Hampel, off Park Blvd. Furni-
ture, clothing, books, misc.

STUPENDOUS garage sale Sat-
urday October 14, 9 am at 3779
Fruitvale Avenue near Diamond
Park.

SATURDAY, October 14, 10- 4,
1393 Barrows Road, Oakland.
Mini-pool table, rotisserie, typew-
riter, more.

NORTH Berkeley sale, Saturday
October 14th, 8-3. Glass, china,
pictures, chairs, chest, tables,
lamps, collectibles, bric-a-brac,
clothes. 1876 San Pedro Ave. off
The Alameda.

LYNN'S of Alameda Clearance
Sale remains from estates, ware-
house and retail store. 1965 green
2 door Malibu Chevrolet, furniture,
dishes, bric-a-brac, antiques to col-
lectibles. Some items may be pur-
chased during retail store hours
Monday through Saturday, 9 to 5,
523-2383. Sale Sunday, October
15th starts at 9 a.m. Special auc-
tion October 15 at 1 p.m. Lots of
warehouse items will go on the
block. Retail store not included in
auction.

1,894 lbs. clothing and shoes.
Waterfall, puzzles, furniture, Octo-
ber 14, 15, 531-5516. 3718
Greensac Road.

YARD sale, Sunday, October 15,
805 Evelyn, Albany, 10-4.

603 Garage Sale

GARAGE Sale, 5010 Golden Gate
Avenue, Friday, October 13th, 10-
3. Kids stuff, miscellaneous, May-
tag washer, dryer, range top oven.
\$200 each or

Apartment Condos Townhouses

706 Oakland Piedmont & South

EASTLAKE Apartments, 6th Avenue and 15th Street. Four blocks to Lake. Large home-like 1 and 2 bedrooms. \$499-\$625. Now available. Superior management. Parking, laundry, 839-1228.

MEDITERANEAN charm in large secure building near Lake. One and two bedrooms. \$510-\$645. Garage, laundry, 352-0412 weekdays, 452-1628.

STUDIO huge! On Lake Merritt, renovated, older building with charm, hardwood floors, secure, \$515, 891-9671.

PIEDMONT Avenue, top floor, 1 bedroom. Soft carpeting, huge walk-in closet, outdoor room, security garage, \$530. 115 Moss Avenue. 654-1970.

SPACIOUS 1 bedroom, hardwood floors, formal dining, \$550, also 2 bedroom with fireplace \$625, best Adams Point location, 891-9671.

UNFURNISHED 2 bedroom, 2 bath, 1200 square feet. View, balcony, 520 Boden Way. Prime security building, parking. Clean, all electric kitchen, dishwasher. Near Lake, transportation, shopping. \$825. No pets. 376-6125.

LARGE 1 bedroom near Piedmont and Rose Garden. Sunny, spacious new refurbished building. \$495. 654-3937.

Seniors-Professionals
QUIET-SECURE BUILDING
One bedroom, patio. Piedmont border, garage, laundry. \$570, 393-9662.

STUDIO \$495, one bedroom \$600-\$635. 6675 Near San Francisco, Berkeley, Oakland transportation, new security building, electric kitchen, balcony, laundry, garage, 125 Moss Avenue, Oakland 547-4728.

Lake Park Terrace
Live in style. Beautiful all new 1 bedroom apartments near Lake Merritt. All electric kitchens, security parking. \$545-\$695.
452-2944 and 893-3433

PIEDMONT 2 bedroom in fourplex, fireplace, sunny, electric kitchen, spacious, carpet, 8971-9671.

ONE bedroom at Lake Merritt, 1434 Lakeshore Ave., newly refurbished, hardwood floor, \$595, 891-9671.

TWO bedroom, 2 bath condo, \$875 Near Kaiser-Piedmont. Cat okay. Balcony, parking. \$47-1907.

SMALL garden cottage, new appliances, newly renovated. Non-smoker, pets considered, good area. \$495. Including first, last, deposit. 531-6841.

STUDIO \$440. Nice location near Lake. Large, sunny, secure. No pets. Seeking quiet person \$83-1651.

VIEW, Lake Merritt, large 2 bedroom, 2 bath, clean, quiet, secured parking, rooftop barbecue area \$800 \$300-6931.

MONTCLAIR 1 bedroom in-law. Carpeting, appliances including microwave, storage. Close to Redwood Regional Park. \$650 including utilities. Non-smoker. Dick 531-2143.

LARGE 1 bedroom by Lake, good transportation. 364 Hanover. Pet negotiable. \$540 835-5540.

HUGE 1 bedroom, 1 bath, carpet. Near Piedmont, Grand, Lakeshore. Quiet location. \$750 month, 532-3520.

SUNNY 1 bedroom flat, Rockridge-Elmwood. Fireplace, hardwood floor, yard. No smokers-pets. \$825, 696-6909 (days), 572-7789 (Evenings until 9)

SPACIOUS 2 bedroom, \$655 Oakland Rose Garden, Laundry, parking, near transportation, no pets 658-4387; 658-6978.

ALAMEDA 3 bedroom, 2 bath, 2 car garage, fireplace, patio, access to pool, \$1150. \$47-4550.

GLENVIEW lovely, quiet 1 bedroom. Private entrance, large private deck and new kitchen \$650 654-7998.

ADAMS Point 1 bedroom \$515 Quiet small building, laundry, storage, 220 Orange Street, #6 933-2400.

APARTMENTS in Montclair one block from the village, one 1 bedroom, one 2 bedroom, both spacious, sunny, wall to wall carpeting, stove, refrigerator, disposal and dishwasher, no pets, 547-1044, 530-9473.

2 bedroom, 1 bath Laurel District lower duplex. \$700 month. Call Rick or Adriana, 339-1174.

COZY in-law, Oakland Hills, charming, sunny quarters. One quiet person preferred. Non-smoker. \$490. 531-5279.

LARGE 1 bedroom in 6 units, good area, Mandana, \$575, 991-4559.

GLENVIEW spacious 2 bedroom flat, dining room, hardwood floor, deck, yard, no pets, \$760, 839-3175.

BEAUTIFUL Dimond area, 2 bedroom apartment, immaculate condition, available immediately, \$595 month. York, 763-8872.

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**The Lapham Company
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531-6018**

CHETWOOD-Move-in bonus. Oakland/Piedmont area. Nice units in modern building with garage, elevator, laundry. Call Tony or Linda 653-4839.

VERNON ST.-Move-in bonus. Near Lake in Adams Point. Spacious units in modern building with garage, laundry, pool, elevator. Excellent value. Call Rhonda 832-6320.

BELLEVUE-Top Lake Merritt location. Very nice units in quality modern building with garage, dishwashers, balconies. Call Mary 536-2269.

NO FEE

Rental applications processed same day. Other units available.

HUGE three bedroom, two level flat in Oakland Landmark Home. Beautiful hardwoods, stone fireplace, large yard. Exceptional Property!! \$1375. 658-7260.

ENGLISH Tudor in quiet secure Grand Lake building. Spacious 1 bedroom, formal dining room, fireplace, beveled glass built-ins, hardwood floors. Tastefully restored to maintain its original charm and design. \$645, available November 1, or sooner. 836-3169; 547-4020.

ALAMEDA 3 bedrooms, large Balena bay waterfront townhouse, 2 patios, 2 car garage, 20 minutes to San Francisco, \$1750, 522-1255.

Oakland Hills near Mormon Temple. Quiet modern two bedroom, Cable ready, no pets. \$635, 4009 Lincoln Ave. 891-9060; beeper, 729-2343.

Piedmont Ave. Area
Two bedroom duplex, sunny, bay view, large kitchen, parking. \$800. 839-2325.

WALK to Piedmont Ave., beautiful studio plus, hardwood floors, high ceilings, sunny, bay window. \$565. One bedroom person. 658-9480.

VERY nice 1 bedroom between Lakeshore and Grand. Totally renovated, new kitchen. Quiet 6 unit building. No pets. \$625 647-2020.

IMPRESSIVE
1920's Mediterranean styled security building in choice Haddon hill location. Conveniently located to Lakeshore and 580. Spectacular 1 bedroom, top floor corner unit, tastefully renovated to enhance its original design and character which includes a multitude of windows. Lovely decorative fireplace, charming kitchen with separate breakfast room, \$575. Hot water, garbage included 836-3169, 547-4020.

LAKE Area, quiet 1 bedroom, garage, shopping, buses. \$555, 836-0398.

BEAUTIFUL 2 bedroom apartment in triplex. Large living room, fireplace, dining room, updated kitchen, close to transportation, \$1000 month. \$47-5971.

ONE bedroom, unfurnished. Hardwood floors, laundry. Renovated. 1232, 4th Avenue, near Lake Merritt. \$500 339-1019.

PENTHOUSE, unfurnished 2 bedroom 2 bath, spacious, fireplace, all electric, frostfree refrigerator, stove (self cleaning, double oven), closets, drapes, private deck, part utilities. \$900, 763-5765.

PIEDMONT beautiful 2 bedroom, 2 bath, 1 bedroom condominium, quiet building, security, garage, surrounded by trees and flowers, \$1395, 547-0176.

LAKESHORE area spacious 2 bedroom. Older, charming, sunny duplex. Fireplace, laundry \$850, 835-9505.

SPACIOUS studio with bedroom area and deck, quiet well maintained building, cat welcome, \$495, 444-8449.

QUIET 2 bedroom upper Grand Avenue apartment, carpeted, sunny kitchen, 2 blocks to shopping, transportation, cross street. Weidon, off Grand Avenue, 942 Vermont. \$550 339-2153.

GREAT LOCATION
Grand Lake area above MacArthur. One bedroom, redecorated, sparkling clean. Spacious 26' living room, walk-in closet, large kitchen, laundry. Most utilities. Excellent transportation. Quiet, owner managed building. No pets \$625, 451-5580, 937-8944.

GLENVIEW Area, spacious 1 bedroom, four-plex, hardwood floors, garage, \$625, 530-6403.

GRAND Lake-378 Staten, large one bedroom new carpeting, quiet building, no pets, \$550, 834-6914.

LAKE, 1 bedroom, \$535, all utilities, large, hardwood, 1930's character, quiet, laundry, pet negotiable, 444-1548.

TWO bedroom condominium with den. High ceilings, all electric kitchen, wall to wall carpets, drapes. Very clean! Call Terry, 832-1888.

ONE bedroom condominium, \$585. One block from lake. On third floor. Parking, all electric kitchen, wall to wall carpets, drapes. Very clean! Call Terry, 832-1888.

LAKE MERRITT
One bedroom, spectacular view, spacious kitchen, balcony, \$525. Two bedroom, new carpet. Private balcony, sunny, view. \$675.

Two bedroom, well managed building. Laundry, near transportation. 833-4019, 652-1252.

ONE bedroom, Adams Point near Lake, Vernon Street. Clean, sunny, quiet building. Parking, laundry facilities, carpets, 2nd floor. No pets. \$575 month, \$525 deposit. 521-9735.

ONE bedroom, Adams Point near Lake, Vernon Street. Clean, sunny, quiet building. Parking, laundry facilities, carpets, 2nd floor. No pets. \$575 month, \$525 deposit. 521-9735.

706 Oakland Piedmont & South

**HOLIDAY
VISITORS COMING?**
They could stay at our house instead of yours.

THE LAKE MERRITT HOTEL
*Weekly, weekly rentals
*Spacious, furnished suites with kitchens
*Housekeeping and linen service
*Telephone and cable television
*Elegant vintage building on Lake Merritt
1600 Madison Street
832-2300 ext. 200

Near Grand Lake Area
Two bedroom 1 1/2 bath, large and airy, hardwood floors or carpets, \$850-\$880. 834-9033.

HUGE FLAT
Two bedroom, one bath, formal dining room, hardwood floors, near Piedmont, \$1000 plus deposits. 834-9033.

REDECORATED 1 bedroom, dining, living room, backyard, pet friendly, close to Kaiser Hospital, shopping, \$495, 658-9697.

GRAND Lake, Piedmont area, 1 bedroom, studio, free cable television, elevator, pool, parking, easy access to 580. 763-6568.

LAKE view deluxe penthouse, 2 bedroom, 2 bath with den, \$995. Large 1 bedroom, Lake view, \$595. Must see! 652-9414.

GRAND Lake, 2 bedroom, 1 1/2 bath. View, pool, parking, laundry room, \$700. Renee, 633-2382.

NORTH Oakland spacious one bedroom retored Victorian flat with fireplace on quiet street. \$535. 548-7515.

PIEDMONT Ave. area studio. Hardwood floors, many windows, view, \$435. And one bedroom, hardwood floors, beamed ceilings, fireplace, \$445. 548-7515.

VICTORIAN duplex, remodeled with all new fixtures, 2 bedrooms, near Piedmont Avenue, \$975. 525-5885.

DUPLEX, 2 bedroom, 1 bath, large kitchen- living room, utility room, garage. Available October 15. 3410 Champion Street, \$690. 283-6830.

LIGHT, airy 1 bedroom, 1000 plus sq. ft., hardwood floors, cat okay, laundry, parking, secure building, near 580 and Park Blvd. \$650 utilities included. 654-5953.

ONE bedroom duplex, bright and cheerful. 3543 Laguna Avenue, (above MacArthur Near Fruitvale). \$525 per month, \$750 deposit. 531-4790.

IVY Drive. Spacious 2 bedroom, hardwood floors, ample closets, all utilities, cats negotiable. \$715. 836-0694.

ADAMS Point, quiet building, 2 bedroom, 1 bath, dining room, new carpeting, parking. Adults preferred. \$750 a month. 655-6562.

LARGE, sunny 1 bedroom, den, remodeled, hardwood floors, near Piedmont Avenue, mini-blinds, balcony, \$700. 658-1302.

THREE bedroom penthouse, Piedmont border, panoramic bay view, new interior, deck, \$1250 month, 254-3560.

TWO bedroom apartment near Piedmont, 300 Monte Vista. Berber carpet, tiled entry, dishwasher \$750. 420-1316.

MONTCLAIR, 2337 Trafalgar. Three bedroom, 2 bath duplex, \$1200 month. New gas stove, refrigerator, dishwasher, disposal, microwave, washer, dryer, fireplace, yard, patio, 2-car garage. 428-9235.

MONTCLAIR, 2337 Trafalgar. One bedroom, 2 bath duplex, \$650 month. New stove, refrigerator, dishwasher, disposal, washer, dryer, off-street parking. 428-9235.

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285 LEE ST.
NEW LUXURY APARTMENTS
Prime Adams Point Location
1-2 Bedrooms and Studios
Microwave, Dishwasher, Balcony
1 Bedrooms \$695. Studios \$625.
Must see! 531-6018 or 889-7870.

488 STOW-One bedroom, 1 block to Lake, China Hill location, eat-in kitchen, laundry, \$475 per month. Call Sandi 444-7143.

414 LEE-Studio, "Old World Charm." Sunny, hardwood floors, gas stove, \$495. Call Doug 889-7870.

NORTH OAKLAND-487 37th Street. One bedroom in fourplex, with garage, \$525. Two blocks to BART, near hospitals, park, shopping. Call Doug 889-7870.

2542 IVY DRIVE-One bedroom \$525, Sunny fourplex. Hardwood floors, lots of windows, gas stove, garden setting. Must see! Call Doug 889-7870.

AVAILABLE now, Park Blvd.-a Leimert Blvd., 1 bedroom in-law, private entrance, garden, deck storage building; utilities included, pet negotiable. \$575, first, last, \$250 security. 531-3622.

A SPECIAL PLACE
The distinctive floor to ceiling brick fireplace adds character to this spacious 2 bedroom, 2 bath in a very quiet modern building near Piedmont. Separate dining area, fully enclosed kitchen, dishwasher, disposal, frostfree refrigerator, balcony, wall to wall carpets, lots of large closets. Walk to Piedmont Avenue shopping, local and San Francisco buses at door. Well behaved pet accepted. By appointment only. 3900 Harrison. 654-1874, \$870.

Rental applications processed same day. Other units available.

Rental applications processed same day. Other units available.

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ADAMS Point condo, large 2 bedroom 2 bath, dressing room, huge closets, wetbar, electric kitchen, Cable, gas fireplace, balcony, laundry, parking. \$850, 482-2290.

GRAND Lake secure two bedroom, 1 1/2 bath condo on top floor. Parking, pool. \$750. 635-0686.

ONE bedroom, 664 Vernon Street. New building, garage, microwave, washer-dryer. 654-8242.

DUPLEX
One bedroom in charming, older building near Lake. Sunny, quiet, formal dining room with built-ins, off-street parking, immaculate. \$650 254-8294.

EXCEPTIONAL condo one bedroom available now. Oakland Avenue near Mariposa. New carpets, tile, fireplace, security building, parking. Electric kitchen with dishwasher. \$650 month. 893-4939.

ROCKRIDGE Claremont Avenue studio with kitchen and bath, no pets, \$400, 707-944-1910.

ROCKRIDGE, great neighborhood, 1 bedroom. Available now, \$555, 652-6406.

LARGE studio North Oakland, charming 1920's building, high ceilings, full kitchen, huge windows and closets, laundry, security parking, BART. \$450. Available now. 284-1887.

LUXURIOUS 2 bedroom condo near Piedmont. Near shops, bus. Quiet secure building. \$785. 457-5232; (707)426-2718.

LARGE 1 bedroom apartment in quiet fourplex. Hardwood floors, lower Rockridge. \$510, 855-2718.

TWO bedroom, modern building, near Piedmont, large master bedroom- walk-in closet, balcony, laundry, cat okay, \$695. One bedroom \$595, 428-4962.

CUTE and bright 1 bedroom in fourplex, 1/4 block to Lake, on Wayne Avenue. Lease. First, last plus security, \$450 includes all utilities. 339-0754.

SHARP 1 bedroom in classic security building. Hardwood floors, mini blinds, squeaky clean. \$470 plus utilities. 339-8308. 377 Lenox.

Near Piedmont Ave. 1 bedroom flat, large kitchen, dining room, wall to wall carpet, fireplace, private garden, quiet and secure, water and garbage included, \$625 a month. 428-1683.

PIEDMONT
Large, gracious apartment, 1200 sq. ft., 2 bedrooms, living room, dining room, patio, garage, quiet triplex, carpeted, dishwasher, washer, dryer, near shopping, transportation. Piedmont schools. \$1050 month. 642-2957.

PIEDMONT Avenue area, large beautiful 1 bedroom, eat-in kitchen, private, quiet, tree surrounded atmosphere in brown shingle house. \$595. 123 Monte Cresta 654-1113.

ONE bedroom near Lake, very clean, nice tenants, cat okay. \$515. 414 Staten. 653-8710.

ONE bedroom near Kaiser- Piedmont Avenue, \$575. 633-1841.

ONE bedroom, \$495 including water. Convenient transportation, shopping. Quiet, neat, security building. Carport. 531-7744.

EXTRA large sunlit 1 bedroom, Adams Point, top floor corner unit, beautiful, quiet, balcony, plush carpets, laundry, secured garage. 407 Orange Street. \$605 month. References required. 632-0447.

TWO bedroom, hardwood floor, carport, above MacArthur, 3721 Lincoln Avenue, \$690 month. Call 522-2560.

ROCKRIDGE
One and two bedroom apartments in luxurious country club setting. Quiet and secure with heated pool parking and exercise room. Walk to BART. No pets. \$650- \$800. 652-0501.

MONTCLAIR
One bedroom townhouse apartment, locked entrance, patio, garage, \$775 per month, 376-3425.

STUDIO in restored Victorian. \$490. Large, bright, quiet. Walk-in closets, hardwood floors. 1800 Lakeshore. 836-4294.

SPACIOUS 1 bedroom, breakfast, dining and living room in duplex. Must see to appreciate. \$650 month. 835-9502 days; 482-5454 evenings.

LAKE district English Tudor, quiet, charming 1 bedroom. Secure, \$475. 834-4866.

STUDIO 1 block from Lake, newly renovated. Close to shopping, transportation. \$485. Leave message 531-0322.

AVAILABLE now, Park Blvd.-a Leimert Blvd., 1 bedroom in-law, private entrance, garden, deck storage building; utilities included, pet negotiable. \$575, first, last, \$250 security. 531-3622.

A SPECIAL PLACE
The distinctive floor to ceiling brick fireplace adds character to this spacious 2 bedroom, 2 bath in a very quiet modern building near Piedmont. Separate dining area, fully enclosed kitchen, dishwasher, disposal, frostfree refrigerator, balcony, wall to wall carpets, lots of large closets. Walk to Piedmont Avenue shopping, local and San Francisco buses at door. Well behaved pet accepted. By appointment only. 3900 Harrison. 654-1874, \$870.

Rental applications processed same day. Other units available.

Rental applications processed same day. Other units available.

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LARGE studio 2 bedroom, immaculate, near transportation. 6147 Seminary Avenue. \$625 plus deposit. 569-4909.

SPACIOUS 1 bedroom, sunny, unfurnished, great view, lawn, view, extras, excellent location, \$750, message 658-4152.

TWO bedroom unfurnished duplex, hardwood floors, dining room, fireplace, patio, garage, no pets. 832-8654.

OAKLAND Hills. One bedroom in-law apartment, private entrance with garden, patio area. \$575 month. 531-6442.

ONE and two bedrooms, totally remodeled, fourplex and duplex, 1.8 miles to Campus. Telegraph-Clearmont. \$700- \$800 month. 528-1910 (days).

CABIN-woods- off upper Park, large studio, skylight, funny charm, needs minor work. \$500 \$30-8464.

ABOVE Mills College, 1 plus bedroom, carpet, deck, freshly painted. Parking. \$525. 655-0697.

EXTRA large 1 bedroom in art deco building with 3 walk-in closets, wall to wall carpeting, Levolet blinds and laundry facilities. 763-3227.

DIMOND District nice, clean 1 bedroom. New floors, paint and appliances. Ecology minded landlords in residence. \$460 month. \$650 deposit. Utilities included. 531-5431.

3 BEDROOM FLAT \$875
NORTH OAKLAND
Enormous 5 room flat. Older style building. Very nice condition. Great backyard. Laundry. One year lease. Available now. 444-0505 days.

UNIQUE sunny spacious 2 bedroom flat, fireplace, dining, hardwood floors, pets, Grand Lake, \$785, 451-7421.

CHARMING sunny duplex, hardwood floors, fireplace, yard, garage, all new, 1 bedroom \$700; 2 bedroom \$850. North Oakland, 56th Street 489-2253.

LARGE older 2 bedroom duplex, hardwood floors, view, yard, laundry, storage, \$850- \$875 negotiable. 458-2028.

ATTRACTIVE unfurnished 2 bedroom garden apartment, secluded, quiet, spacious living room, large modern kitchen, closed garage, long term a priority. Woolsey above Telegraph. \$600. 254-1123.

ROCKRIDGE. Temescal: quality 3 rooms. Private entrance. Super quiet. Beautiful hardwood, laundry hook-up. \$450, 893-5030.

PIEDMONT Ave. area 1 bedroom, great view of San Francisco, fully furnished including all kitchen utensils. \$695, utilities included. 655-6291.

SPACIOUS 1 bedroom, \$575. Hardwood floors, Charming. One block to Lake, shopping and transportation. 763-0443.

MONTCLAIR. Large deluxe 2 bedroom 2 bath apartment with fireplace, all electric kitchen, with \$900 month. 865-8250; 547-4466.

LOVELY 1 bedroom, \$510. Very clean. Top Lake location. One block Grand Ave., transportation. 893-0711.

GREAT 1 bedroom \$510. Quiet building. Top lake location. Walk to Grand, Kaiser Center. 451-

912 Gardening

JOSE'S Gardening and Tree Service. Brush clearing, lot and yard, clean-up and general maintenance. Rototilling, Drainage. Retaining walls. Very reasonable, free estimates. 534-3098.

ANY yard work, lot clearing, retaining walls, hauling, digging, fences, etc. 534-9526 (Cambodian).

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Landscape design, installation, maintenance and specializing in Japanese gardens. Haruko and Jack 530-6479.

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Overgrowth Cleared
Yards or lots; berry, ivy, poison oak. Reasonable. Ottersted's Brush Clearing Service. 524-4063.

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All manner of systems installed, remodeled, repaired and automated. Drip irrigation. Small projects accepted. Since 1966. R. E. Christner 232-1122.

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Complete landscaping services. Design, installation, renovations and maintenance. References. 654-9429.

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Design, Installation, Maintenance. Decks, Fences, Walls. We specialize in drought tolerant, low maintenance designs and water conserving irrigation systems. State license #523016. Montclair office. 530-4456.

GARDENER 10 years local experience, excellent references, monthly rates, 655-8571

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IN BRICK, STONE, SLATE, TILE, WOOD
Patios, decks, walls, fences, steps, expertly detailed-built. Extensive portfolio, license #566867. Ted Kugelmann 654-4721.

913 Hauling

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BUNN'S Hauling 638-5929. Specializing in the manual loading and hauling of dirt, concrete and all types of rubbish. Reasonable and dependable. Free estimates.

HAULING: fast, reasonable. Clean out your garage, attic or yard. Free estimates. 846-4553.

D.C. HAULING ALL TYPES of material hauled. Fast same day service. Basement and yard cleaning, small tree removal, demolition of sheds and garages. Have chainsaws, brushcutters, bobcat type tractor and large capacity 20 and 30 yard trucks. No job too small, we combine loads. Reasonable rates. Don 849-4228.

TOM AND TRUCK
Dirt and concrete. Demolition. General Hauling. Free estimates. 235-2044.

HAULING: yard and garage cleanup. Neat and reasonable. Also lot clearing, demolition and delivery. Large and small jobs welcome. Free estimates and reliable service. 655-0719.

BILL'S Hauling and Cleanup. Tree work, lot clearing, weeds, rough gardening, light excavation, demolition. 845-5957.

MAC'S Hauling. Cleanup, usable items part payment, garages, basements, yards, reasonable. Free estimate, 763-9650.

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CHIMNEY sweep, spark arresters, fireplace repair, dampers installed, brickwork. Albert Collins. License 300953. 534-1577, 531-7526.

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Seams, restretching, installations, new or used carpet. References. 229-2207.

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Re-grouting leaky showers; bathtub, re-glazing. Free estimates. 530-5067.

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Competitive prices, references. Installed, repaired, refinished. High quality. Free estimates. (415)224-3741.

WOOD floors professionally machine scrubbed, waxed and buffed, without water. Restores floors without sanding. Also equipped to sand and refinish, if desired. Call (415)231-0691, Noel.

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Rauingrout cleaning and repairs done to your absolute satisfaction by the courteous professionals at Grateful Gutters. 524-6666. Free, prompt estimates. Strong R. 654-9429.

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Berkeley Window Cleaning. References. 548-5253.

TILE and marble setting, remodeling. Floors, baths, kitchens, etc. Gidi, 526-3661.

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CONSCIENTIOUS, experienced house-sitter. Editor, non-smoker, 40's. Quality care, home, garden, pets. Many enthusiastic references. 868-0647.

HOUSESITTING. Non-drinking, non-smoking, responsible woman to care lovingly for your home and pets in the Oakland-Berkeley Hills. P.O. Box 21130, Oakland, 94620. 530-2529.

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Insured 849-3350

PAINTING, interior, exterior. Expert workmanship, work guaranteed. Reasonable. License #293168. James Frykdahl 530-9599.

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Since 1960. Interior and exterior. License #208273. 525-8676 and 932-2199.

917 Housecleaning

PAINTING, interior, exterior. Expert workmanship, work guaranteed. Reasonable. License #293168. James Frykdahl 530-9599.

917 Housecleaning

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ZENIA'S Housecleaning. Quality work. Reasonable rates. (415)549-1077.

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HOUSECLEANING, good references, efficient, cheerful, low car. Call at anytime. Lili 644-0223.

EXCELLENT housecleaning. Also windows. One time, weekly or bi-weekly. Local references. Bonded. Pat 232-6245.

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Housecleaning - windows - carpets. 5 years in business, bonded, insured. 843-4271.

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RANDA'S housecleaning service. Thoroughly clean your house or office. Reliable, experienced, references. Call: Randa, 849-9119.

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BONDED, insured. Deadbolts installed. Foreign/domestic auto keys. Glenview Key and Lock, 4187 Park Blvd. 530-6141. Contractor License #453533.

919 Landscaping-Licensed

ALL aspects. Many references. Free estimates. #415775. Drainage. Retaining walls. 644-2598. Portfolio. Maintenance. Design. Bricks.

920 Movers-Licensed

TRIANA MOVING
and Storage 33 years. Local, long distance, T-91758, low rates, pack equipment. No overtime, Saturday. Sunday, expert piano, organ, 562-3778.

PLANETARY MOVERS
Save 15-50% over our competitors! 98% of our jobs are breakage free! No hidden charges! Low cost! Free wardrobes and estimates! 58% of our profits donated to Peace and Environmental Causes! Use your Mastercard, Visa or American Express card! Call the Best Movers in the Galaxy! 839-4444 anytime. CAL T-152842.

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We have been moving Piedmont and Montclair families for years. Ask your neighbor! Minimum legal rates for insured professional service. Anywhere in California. Expert piano movers. Call 85972. We care about your move. 531-4005.

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Small and large jobs okay. Large 16 enclosed truck. Same day service. Days, evenings and weekends. With this ad 10% off if your movers are late. Rain or shine. License #F-312.

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CV'S PAINTING COMPANY
Residential - Commercial Interior - Exterior Spray - Brush - Waterblast Waterproofing Insured Over 20 years experience in Piedmont area License No. 497281 Call for Free Estimate Large or small jobs (Interiors a Specialty) 261-6592 Evenings or Saturday calls OK

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STEVE'S Plumbing Service. Big 1 Small. Fair Prices. Installations, Repairs, Drains Cleared. Experienced. Unlicensed, Message, 841-3551.

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WHEN 75 BAY AREA GENERAL CONTRACTORS AGREE ON ONE PLUMBING COMPANY YOU CAN BET IT'S GOOD!

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Shamrock Enterprises
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UPPER KENSINGTON - Attractive, well designed 3 bedroom, 2 bath family home with cathedral beamed ceilings in living room and dining room, fireplace, beautiful hardwood floors, and a breakfast nook. Two car garage. Level back yard. \$550,000 lot. \$359,500. For appointment to view call Ingrid 524-2303, eves. 527-6597.

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1577 Solano Ave., Berkeley, CA 94707 (415) 527-2700
NORTH BERKELEY
\$210,000

Price reflects severe settling. Filtered bay views from living room and one bedroom. Deck off both living room and bedroom. Recently painted, refinished floors. Non-conforming in-law unit. Nicely landscaped yard. Two bedrooms, one bath.

SALLY DAVIS 525-2708

RITCHEY & BIDGOLI

NEW LISTING
Wonderful level-in 3+ bedrooms, 2 bath Kensington home with a 2 room master suite, remodelled kitchen, family room, den and more. \$375,000. FAE BIDGOLI

KENSINGTON VIEW HOME
This 4 bedroom, 2 bath, family sized Kensington home located above the Arlington is bright and sunny. The spectacular panoramic view is worth climbing a few steps. \$349,500. FAE BIDGOLI

PRICE REDUCED
Quality Albany hill home built in 1965 on a 37x100 lot with a peek of bay view. Spacious livingroom, dining area, and 2 good sized bedrooms. Large double car garage, extra parking in front, and fruit trees in rear garden. Now \$269,500. DEBORAH RITCHEY

A REAL BARGAIN
This huge and gracious two storey 3+ bedroom, 2 bath home on a tree-lined street 10 blocks from UC campus has a full attic, updated baths and kitchen, nooks & crannies, beautiful wood wainscoting, and built-ins. This free standing house is a tenancy-in-common bargain at \$269,500. DEBORAH RITCHEY

LOW MAINTANANCE RETREAT
On a tree-lined street, this 2 storey 2 bedroom newer townhouse style unit 10 blocks from campus has its own sweet little leafy garden and shares a large lot with 2 other units. Private and set back from the street, it's an ideal place to write the great American novel. A tenancy-in-common value at \$129,500. FAE BIDGOLI

COSMETIC FIXER-UPPER
You can walk to the Monterey market from this 3 bedroom, 2 bath home on a quiet side street that has a modern kitchen, family room and backyard with fruit trees. A good value at only \$233,000. FAE BIDGOLI

COMMERCIAL DEVELOPMENT SITE
Partnership dissolving and anxious to sell a 3 acre commercially zoned parcel, right off HWY 49, in Auburn. Great site with high traffic count near regional shopping center, county offices and Auburn Faith hospital. A number of flexible uses, including retail, or 60 apartments. Approximately \$281,000 in assumable financing—submit all offers. DEBORAH RITCHEY

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ORINDA
An Ideal Family Home in the Heart of Sleepy Hollow



4 Bedrooms • 2.5 Baths
Family Room • Flat Yard

Enjoy one of Orinda's most convenient neighborhoods near the top-rated Sleepy Hollow Elementary School. This charming "move-in" condition home is decorated throughout. Numerous amenities. Call for details. \$489,000.

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Clark Thompson 254-9425
140 Brookwood Road, Orinda 254-6120

THORNWALL Properties INC.
848-1950
1656 Shattuck Avenue, Berkeley, CA

Beautifully restored Victorian, 2 bdrm, flat with income from 2 lower units. Wood floors, French doors, bay windows, and antique light fixtures. Vacant. \$249,500.

KATHRYN HILL 841-6819
Berkeley Classic! Old-fashioned charm in the heart of Elmwood. Move right into this spacious brown shingle. 4 bdrms, developed attic bedroom, 2 baths, detached studio/office. Light plus warmth, gourmet kitchen. \$385,000.

ANDREA LAND 644-2325
NEW LISTING: Fixer upper in great North Berkeley location. Lots of potential and a huge lot. Charming, small, old style cottage nestled in trees. \$195,000 AS IS.

AL JAMIESON 848-1950
NEW LISTING: West Elmwood. 3 bdrm/1 1/2 bath home in move-in condition with dramatic 2 story living room, family room size loft mezzanine, and large, sunlit bedrooms with inspirational closet space. PLUS...LEGAL RENTAL UNIT AND DETACHED GARDEN DAY STUDIO. \$289,500.
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PIEDMONT PINES- Level in to spacious home with polished hardwood floors, 5 bdrms and 3 baths. Wonderful family room off kitchen plus 2 rumpus areas in finished lower level. \$549,000.

OAKMORE - Grand traditional with fantastic decorating potential 3 living levels including space for au pair. 5 bdrms, 3 1/2 baths. 2 kitchens. \$485,000.

PIEDMONT AVE. AREA - Classic California bungalow with sparkling updated kitchen. Quiet street reduced to \$257,500.

SHINGLED CHARMED - Cul-de-sac convenient to Piedmont Ave. shops. Reduced price reflects professional remodeling in progress \$235,000.

LAUREL DISTRICT - 2 bdrm + den or nursery formal dining room, extra storage area in basement. \$219,000.

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Inviting traditional, sunny, warm, charming. Best Elmwood location. 3 fireplaces, den, sunroom, large attic. Seller Motivated!
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BERKELEY - \$285,000
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BERKELEY - \$275,000

Well maintained Duplex situated on quiet street, lovely landscaped yard, Rent Control Exempt for owner-occupant.
Keith Carroll 236-1850.

BERKELEY - \$363,000

11 rooms plus attic studio. Currently operated as a rooming house with proj. GAI \$55,000. Ideal for owner occupancy.
Contact Agent. 527-7964.

RICHMOND ANNEX - \$209,000
DUPLEX.

Hard to find Annex duplex in good condition. 2 - 1beds with hardwd flrs; some hill view. Vacant & no rent control.
Contact Agent 527-7964.

RICHMOND VIEW - \$229,000
3BR/2BA.

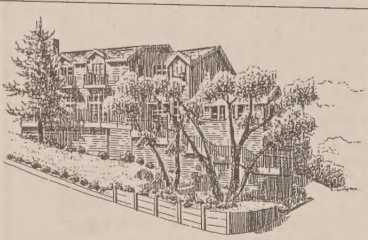
Family rm, master bdrm suite. Remodeled kitch. Quiet cul de sac in hills near El Cerrito.
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4 BR 2 1/2 BA PLUS 3 Bonus rooms • PLUS Adjoining buildable lot • Stunning view of wooded canyon • Gourmet cook's kitchen • Custom cabinetry everywhere • Air conditioned • Satellite Dish • Professionally landscaped
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Deluxe master suite

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With brick courtyard entry. 2 story living/dining room with cathedral ceilings, large copper hooded fireplace, handsome professional kitchen, 5 bdrm, 3 bath, family room, wine cellar, tile decks. Lovely rear garden with reflecting pool. \$785,000
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We have the properties you're looking for:

- Berkeley Hills** - Large 5 bedroom, 3 bath traditional win-law & deep wooded yard with deck. \$369,000.
- Albany Craftsman** - Beautiful woodwork & built-ins, 3 bedrooms. Albany schools, walk to Solano. \$289,000.
- Grandma's House** - A little TLC & this charming 2 bedroom home with beautiful interior detail will shine. \$218,000.

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DELAWARE ST. - 8 UNITS
Between Shattuck & Walnut St. Eight 1-bedroom units, 4 held vacant. Large lot. \$300,000.

OXFORD ST. - 6 UNITS
Colonial style building in convenient Berkeley location. Two 1-bedroom units and 4 studios. 1 unit held vacant. \$310,000

ASHBY AVE. - 8 UNITS
Near Telegraph Avenue. Modern eight 2-bedroom, 2-bath units in close proximity to shops and transportation. \$340,000

EUCLID AVE. - 6 UNITS
Three story North Berkeley building consisting of three 2-bedroom units, two 1-bedroom units and a studio. Substantially rehabilitated. Ideal for owner occupant. Three units vacant. \$430,000

CLAREMONT AREA - 9 UNITS
Modern apartment building on corner of Claremont/Russell. Two 2-bedroom units with fireplaces, seven 1-bedroom units. \$450,000

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526-5221

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1891 Solano Ave., Berkeley
(415) 527-3387

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Laurie Capitelli	John Ratcliffe
Keith Carroll	Judith Ratcliffe
Tom Cone	David Ratoosh
Alexandra Crisafulli	La Reva Ratoosh
Nadine de Alba	Susan Reese
Shirley Donovan	Nina Shoehalter
Sara Garabedian	Marjorie Sperber
Helen Guay	Ria St. John
Madeleine Ibrahim	Sylvia Thompson
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Public Notices

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-4998
The following person is doing business as Acu-Med Center, 1494 Washington Blvd., Suite F, Concord, CA 94521.
John Russell Stebbins, 1265 Montejo #34, Walnut Creek, CA 94598.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on August 31, 1989.
Publish Journal, September 21, 28, October 2, 9, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-4813
The following person is doing business as East Bay Learning Academy Inc., 1001 South 57th Street, Richmond, 94804.
East Bay Learning Academy, California.
This business is conducted by a Corporation.
Statement was filed with County Clerk of Contra Costa County on August 22, 1989.
Publish Journal, September 21, 28, October 2, 9, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-4803
The following person is doing business as Snowdon Island Productions, 6787 Snowdon Ave., El Cerrito, CA 94530.
Billie L. Straub, 6787 Snowdon Ave., El Cerrito, CA 94530.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on August 22, 1989.
Publish Journal, September 21, 28, October 2, 9, 1989.

Statement of Withdrawal From Partnership Operating Under Fictitious Business Name
File No. 88-2675
The following persons have withdrawn as general partners from the partnership operating under business name of Long Island Productions, 6787 Snowdon Ave., El Cerrito, CA 94530. (415)232-5215.
The fictitious business name statement for the partnership was filed on May 15, 1988 in the County of Santa Clara.
The full name of the persons withdrawing as a partner: Billie Louise Straub, Robert G. Loebe.
This statement was filed with the County Clerk of Contra Costa County on August 22, 1989. Publish Journal, September 21, 28, October 2, 9, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5137
The following person is doing business as Linda Morrison-Davis, 1056 Seascope Cr. Rodeo, CA 94572.
Linda Morrison-Davis, 1056 Seascope Cr. Rodeo, CA 94572.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on September 11, 1989.
Publish Journal, September 21, 28, October 2, 9, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5165
The following person is doing business as Realty Recording, 6125 Orchard Ave., Richmond, CA 94804.
Paul Blankinship, 6125 Orchard Ave., Richmond, CA 94804.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on September 11, 1989.
Publish Journal, September 21, 28, October 2, 9, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5086
The following person is doing business as Linda Morrison-Davis,

Public Notices

266 Trinity Ave., Kensington, CA 94708.
Claudia M. Charette, 266 Trinity Ave., Kensington, 94708.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on September 7, 1989.
Publish Journal, September 21, 28, October 2, 9, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5119
The following persons are doing business as United Imports located at 12654 San Pablo Ave., Richmond, CA.
A. Mayd Hafez, 1365 Rifle Range Rd., El Cerrito, CA 94530.
Amir Ghaemi, 755 San Pablo Ave., Alameda, CA 94708.
This business is conducted by a General Partnership.
Statement was filed with County Clerk of Contra Costa County on September 8, 1989.
Publish Journal, September 21, 28, October 2, 9, 1989.

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person has abandoned the use of the fictitious business name: United Imports located at 12654 San Pablo Ave., Richmond, CA 94805.
The fictitious business name referred to above was filed in the County of Contra Costa on November 15, 1985. File No. F855204.
1. Amir Youssefi, 15 7 Marigold Dr., Hercules, CA 94547.
2. Faridoun F. Tehrani, 262 Colgate, Kensington, CA 94708.
The business was conducted by a General Partnership. Statement was filed with County Clerk of Contra Costa County on September 8, 1989.
Publish Journal, September 21, 28, October 2, 9, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-4925
The following person is doing business as Gina's Salon, 12810 San Pablo Avenue, Richmond, CA 94804.
Gina Maria Adams, 190 Ancheta Place, Vallejo, CA 94591.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on August 28, 1989.
Publish Journal, September 21, 28, October 2, 9, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5094
The following person is doing business as 1. Distinctive Creations, 2. Paradise Gourmet, 3. Baskin-Robbins, 8321 Terrace Dr., El Cerrito, CA 94530.
Steven A. Flamm, 8321 Terrace Dr., El Cerrito, CA 94530.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on September 7, 1989.
Publish Journal, September 28, October 5, 12, 19, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-4875
The following person is doing business as Pacific Technical, 1691 Suncrest Ct., Walnut Creek, 94596.
Charles A. Welch, 1691 Suncrest Ct., Walnut Creek, 94596.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on August 25, 1989.
Publish Journal, September 28, October 5, 12, 19, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5075
The following persons are doing business as Vista Garden Service, 3116 Birmingham Dr., Richmond, 94806.
Victor Joseph Boscacci, 3116 Birmingham Dr., Richmond, 94806.
Tammy Brockman Boscacci, 3116 Birmingham Dr., Richmond, 94806.
This business is conducted by Individuals—Husband and Wife.
Statement was filed with County Clerk of Contra Costa County on September 6, 1989.
Publish Journal, September 28, October 5, 12, 19, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5295
The following person is doing business as Steve's Restaurant, Catering & Cook Shop, 205 Culler Blvd., Richmond, 94801.
Steven Jones, 3529 Waller Avenue, Richmond, 94804.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on September 18, 1989.
Publish Journal, September 28, October 5, 12, 19, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5072
The following person is doing business as Quality Used Tires, 2145 Rumrill Blvd., Suite C, San Pablo, 94606.
Ronald O. Winter, 5876 Sawmill Rd., Paradise, CA 94569.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on September 8, 1989.
Publish Journal, October 5, 12, 19, 26, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-4923
The following person is doing business as Kakou's Enterprise, 5491 Morrow Dr., Morrow Dr., San Pablo, CA 94606.
Yao Kakou, 5491 Morrow Dr., San Pablo, CA 94606.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on August 28, 1989.

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Publish Journal, October 5, 12, 19, 26, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5183
The following person is doing business as Fairfield Investors, 37 Las Cascadas Road, Orinda, CA 94563.
Daniel B. Flvey, 37 Las Cascadas Road, Orinda, 94563.
This business is conducted by a General Partnership.
Statement was filed with County Clerk of Contra Costa County on September 12, 1989.
Publish Journal, October 5, 12, 19, 26, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5057
The following person is doing business as San Pablo Realty, 13750 San Pablo Avenue, San Pablo, CA 94606.
Robert L. Nellen, 13750 San Pablo Avenue, San Pablo, CA 94606.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on September 5, 1989.
Publish Journal, October 5, 12, 19, 26, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5467
The following person is doing business as Diana's Nail Salon, 10558 San Pablo Avenue, El Cerrito, CA 94530.
Kim-Anh Nguyen, 2814 Loyola Avenue, Richmond, CA 94806.
Hoi Tran, 2814 Loyola Avenue, Richmond, CA 94806.
This business is conducted by Individuals—Husband and Wife.
Statement was filed with County Clerk of Contra Costa County on September 26, 1989.
Publish Journal, October 5, 12, 19, 26, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5274
The following person is doing business as Weigand & Associates, 39 Via Floreodo—Lower level, Orinda, CA 94563.
Mark K. Weigand, 39 Via Floreodo, Orinda, CA 94563.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on September 18, 1989.
Publish Journal, October 12, 19, 26, November 2, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5136
The following persons are doing business as Talking Computers, 3117 Manor Ave., Walnut Creek, CA 94596.
G. Steven Lent, 3117 Manor Ave., Walnut Creek, CA 94596.
Annie M. Lent, 3117 Manor Ave., Walnut Creek, CA 94596.
This business is conducted by Individuals—Husband and Wife.
Statement was filed with County Clerk of Contra Costa County on September 11, 1989.
Publish Journal, October 12, 19, 26, November 2, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5556
The following person is doing business as Stone Lantern Press, 6327 Fairmount Ave., Ste. B, El Cerrito, CA 94530.
Nelson Lord Goodman, 1030 Peter St., Albany, CA 94706.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on October 2, 1989.
Publish Journal, October 12, 19, 26, November 2, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5244
The following person is doing business as Text R Us, 1624 Armstrong Court, Concord 94521.
Russell Charles Pike, 1624 Armstrong Court, Concord 94521.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on September 14, 1989.
Publish Journal, October 12, 19, 26, November 2, 1989.

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person has abandoned the use of the fictitious business name: Safe Cleaners, 1140 El Portal Cir., San Pablo, CA 94606.
The fictitious business name referred to above was filed in the County of Contra Costa April 7, 1987. File No. 87-1893.
Chon Sam Yi, 181 Starling Way, Hercules, CA 94547.
The business was conducted by an individual. Statement was filed with County Clerk of Contra Costa County on October 3, 1989.
Publish Journal, October 5, 12, 19, 26, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5603
The following person is doing business as Safe Cleaners, 733 A El Portal Cir., San Pablo 94606.
Soon Ha Chae, 2422 Rd. #20, Apt. #306, San Pablo, 94606.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on October 3, 1989.
Publish Journal, October 12, 19, 26, November 2, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5580
The following person is doing business as Alan Cunningham Writing and Editing Services, 2314 Cedar Street, El Cerrito, CA 94530.
Alan P. Cunningham, 2314 Cedar Street, El Cerrito, 94530.
This business is conducted by

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Public Notices

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5041
The following person is doing business as Rodeo Chevron Service, 400 Parker Avenue, Redwood City, CA 94061.
Eugene Yawshan Cheng, 3931 Fairfax Way, So. San Francisco, CA 94080.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on September 5, 1989.
Publish Journal, October 12, 19, 26, November 2, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5654
The following person is doing business as Solid Brass Productions, 1920 Downey Place, El Cerrito, CA 94530.
Robert I. Gardner, 1920 Downey Place, El Cerrito, CA 94530.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on October 5, 1989.
Publish Journal, October 12, 19, 26, November 2, 1989.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 89-5580
The following person is doing business as Alan Cunningham Writing and Editing Services, 2314 Cedar Street, El Cerrito, CA 94530.
Alan P. Cunningham, 2314 Cedar Street, El Cerrito, 94530.
This business is conducted by

Businesses want good will instead of unhappy clients

Bee Smart, Don't Get Stung is the motto of the Alameda County Consumer Affairs Commission Sub-unit. For consumer advice, help in resolving problems, mediation of complaints, referral to the right place or just a willing ear, call the office at 530-8682 or 530-8683.

Always attempt to resolve a consumer complaint yourself. Most businesses are interested in keeping customers happy and maintaining goodwill. They will listen to your complaint and try to resolve it to your satisfaction. By personally registering your complaint with the business, you will decrease processing time, the business is more likely to want to solve the problem quickly, and you will have helped maintain good business practices.

The following are some basic procedures for resolving your own complaints.

- Pursue your complaint as soon as possible, while it is still fresh in your mind.
- Identify the specific problem and document it with evidence such as the damaged item, contracts and receipts. Review terms of contracts and warranties before requesting compensation.
- Specify how you want your complaint resolved (refund, repair, or the like) in your request.
- When registering your complaint, start with the person responsible for the transaction. If you do not get satisfaction, go to the manager, then the next level of authority — as far up the line as necessary. Document each step with names, dates and facts.

• Be courteous, yet firm in your approach. Nothing is accomplished with profanity and name calling. Be persistent, even if your initial efforts have been rebuffed.

• Be willing to compromise, especially if you will not benefit otherwise. Keep in mind that the value of a product diminishes with age, and you are probably not entitled to full value compensation for a used product.

• Wait a reasonable amount of time for your complaint to be settled.

• If you have pursued your complaint and feel that you have exhausted self-help efforts, please send for and complete a complaint form available by calling our office at 530-8682 or 530-8683. Include all pertinent information and copies of receipts, checks, correspondence and contracts. Do not send originals.

At-home money making schemes, or sales pitches, are directed to students, homebound housewives, seniors, handicapped-physically challenged and anyone who wants to earn a little extra cash.

These schemes-scams can take many forms. Some of the more widespread involve sending money and receiving a list of places where you can find out about ways to make money.

Another involves the sending of funds to receive names so that you can address envelopes for a big mailing house. Another operation is nothing more than a giant boiler room operation from the comfort of your own home; you receive phone numbers to

contact and then get scammed for every sale you make. Needless to say, in a created business the consumer is lucky to realize a per hour.

A popular scam toward students, former teachers and those with advanced skills involves proofreading pay. The consumer sends to receive a test to evaluate proofreading skills and with English, grammar, and other skills.

Following the successful completion of the (successful) test; no scores are given. They are then told that you must work to be proofread. You are encouraged to send in your work for proofreading charges will off-set one another.

Many are discouraged to more money necessary when have completed the first test then don't pursue the project further.

If you have been told this type of scam, contact Consumer Affairs Office. They may be postal fraud involved those authorities are always interested in the latest approaches.

As with many of the home schemes, the one make money are the ones whom the checks, money or cash are sent. Be careful whom you send money with the fraud division U.S. Postal Service.

Send your questions to Consumer Affairs Commission, 4400 MacArthur Blvd., Suite 94619.

Insurance companies frown on radar detector hardware

California has become the second state to order the Government Employees Insurance Company to stop discriminating against drivers who own radar detectors, a motorists' rights organization announced.

After an investigation that spanned two years, Maryland insurance regulators ordered GEICO to stop refusing coverage based solely on whether a driver uses a radar detector.

Maryland officials said the insurer failed to prove that detector users are higher-average insurance risks. Because the state's legislature has repeatedly rejected radar detector bans, GEICO's practice was contrary to public policy.

Janice Lee, president of the Radio Association Defending Airway Rights, noted that despite the assistance of the Na-

tional Safety Council and the Insurance Institute for Highway Safety in the Maryland case, CEICO was unable to prove any relationship between radar detector use and accidents. Radar detector users, it was revealed, tend to be in a low-risk age, education and socioeconomic groups.

In a Sept. 7 order by the California Department of Insurance, GEICO was told to renew an automobile insurance policy held by Norman E. Caswell, within 10 days or face action by the department. GEICO faces possible fines as high as \$10,000 per day and other penalties in the California case.

GEICO refused to renew Caswell's insurance in March after he indicated on a questionnaire that he uses a radar detector. The motorist has had no

speeding citations in the last years.

Under the California Insurance Code, a company can refuse to renew a policy for only reasons — non-payment of premium, fraud or misrepresentation, or "a substantial increase in the hazard (being) insured against."

Lee noted that this case only applies only to Caswell. Under the California Insurance Code, a company can refuse to renew a policy for only reasons — non-payment of premium, fraud or misrepresentation, or "a substantial increase in the hazard (being) insured against."

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Arts and Crafts hosts annual Founders Day culinary festival

Founders' Day at the California College of Arts and Crafts in Oakland on Oct. 15 will once again feature a gourmet barbecue lunch by leading chefs and restaurateurs of the East Bay: Maggie Klein (Oliveto), Michael Wild (Bay Wolf), Albert Katz (Broadway Terrace), Paula LeDuc Catering, Bruce Aidells of CCAC's own Good and Plenty Cafe — Victoria Wise and Susannah Hoffman.

Celebrating CCAC's founding in 1907, Founders' Day is open to the public. Festivities begin at 10 a.m. with activities for children (mask-making, pumpkin carving, etc.) led by alumni and students, open studios, and demonstrations of ceramic, glass, print, and sculpture-making.

The barbecue lunch will be served 12-2 p.m. It consists of crepinettes (French sausage) and grilled oysters by Wise and Hoffman, grilled vegetables and bruschetta (grilled bread) by Klein, succulent chicken by Katz, baby back ribs and confetti salad by Wild, oriental noodle salad by LeDuc, and, of course, a variety of sausages by Aidells.

All the chefs are donating their time. Many local purveyors, such as Andronicos, Aidells Sausage Co., Metropolis Bakery, Figaro Gelato, and the Pacific Coast Brewery are donating food and drinks.

Music will be provided by

Mario Gonzales' mariachi band, Bill Kutachek and The Salsas, and members of the Opera.

Children will be entertained by Patrick the Magician, Mahimahn the Puppeteer juggler-mime.

Cost for the day, including lunch, is \$10 for adults, \$5 for children under 12. Proceeds from the event will go to support CCAC's NEA grant for scholarships, development, and library.

Reservations are advised. You want more information? Call 530-8118, extension 180.

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Cyclists raise funds for Lung Association

The American Lung Association of Alameda County's two-day Motherlode Bicycle Trek, Oct. 28-29, will provide thousands of dollars to help prevent, cure and control such diseases as lung cancer, emphysema, chronic bronchitis and asthma.

The fully-sponsored trek includes breakfasts and dinners, mobile bike repair, refreshments, and an overnight stay at the

Amador Inn at Jackson — in the heart of the Motherlode.

Each cyclist is asked to raise a minimum of \$250 (plus \$25 registration fee) in pledges through corporate and private donations to participate in the ride.

For information about the 1989 Motherlode Bike Trek, open to all level of cyclists, contact the American Lung Association at 893-5474.

The safety agency offers the following safety tips:

- Unplug the heat tape first, then check the entire length of the tape for signs of wear or charring insulation as well as wires. If these are found, the tape or cable should be replaced immediately.

The safety agency offers the following safety tips: